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MRS. SCOTT'S
NORTH AMERICAN
SEASONAL
COOK BOOK

SPRING, SUMMER, AUTUMN AND
WINTER GUIDE TO ECONOMY
AND EASE IN GOOD FOOD

By
MRS. ANNA B. SCOTT
Cooking Expert and Food Economist of the
Philadelphia North American

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THIS IS THE FIRST COOK BOOK

ever planned to help the housewife take advantage of Nature's changing supply of foodstuffs from season to season, tho such timeliness is the chief determining factor in the economy, palatability and healthfulness of many articles of diet. Long-continued practical experience convinced Mrs. Scott of the need for such a guide to good meals, hence this unique arrangement of recipes for meat, fish, fruits, vegetables and dairy products in the order of their seasonal abundance.

The average woman who never thought of the matter in this light will be astonished at the usefulness of this Seasonal Cook Book. It will enable her to make timely use of what is in market, and by so doing will help not only to reduce the cost of living, but at the same time increase the pleasure of the table. In addition to these notable advantages, its use in the home will make for better health, since Nature is wiser than man in adapting her food offer-

ings to changing body needs as influenced by changing seasons.

Each recipe here given has been repeatedly tested by Mrs. Scott and other housewives in the everyday round of meal serving, and while this book by no means represents the full fruitage of this famous expert's many years of practical experience, it easily paves the way to a highly palatable and well-balanced diet, economically planned to meet the possibilities of the average pocketbook. Its contents are based on the latest scientific knowledge of nutrition and consequent revisions as to food values and diet needs.

For more than forty years "palatable economy" has been Mrs. Scott's aim, and these pages reflect her notable achievements in this most necessary attempt to keep living costs within reason without subjecting people to added labor or lack of food that is good and good for them.

Part I—Spring Recipes

(April, May, June)

SOUPS

CREAM OF SPINACH SOUP

Use the left-over spinach and spinach stock. To a half cup of spinach and 1 cup of stock add 3 cups of skim milk, seasoning and flavoring to taste. Rub thru the strainer and add a little cornstarch thickening and 1 tablespoon oleomargarine, seasoning to taste.

ASPARAGUS SOUP

Wash asparagus trimmings and cover with boiling water, add 1 teaspoon salt and 1 teaspoon of cut onion; boil slowly for 35 to 40 minutes; mash thru strainer. To each cup of asparagus 2 cups of water have been added, but when it has been boiled you will have only 1 cup of stock (water). Add 1 cup of milk to each cup of stock, 1 teaspoon of butter substitute rubbed until smooth with 1 teaspoon of flour and boil 5 minutes.

TOMATO BISQUE, CHEESE FLAVOR

2 cups tomatoes. 2 cups milk.
1 tablespoon butter substitute.
1 tablespoon flour. Pinch baking soda.
1 teaspoon salt. 1 teaspoon sugar.
⅛ teaspoon paprika.
4 teaspoons grated cheese.

Put the tomato on to boil; boil 5 minutes, then add soda, salt, sugar and pepper; strain into boiling milk or rice stock which has been thickened with the butter and flour, which have been rubbed together; boil 3 minutes. Sprinkle 1 teaspoon of the grated cheese on each cup of soup; serve at once. The cheese makes a pleasant change and adds extra food value.

PEA PORRIDGE

1 pint shelled new peas.
1 pint raw diced potatoes.
1 tablespoon grated onion.
1 tablespoon oleomargarine.
1 tablespoon flour.
1 teaspoon salt. A little white pepper.
2 tablespoons chopped parsley or 1 tablespoon chopped fresh mint or scallion top.
2 cups milk.

Put the peas and potatoes on in 4 cups of water; boil 30 minutes, add seasoning, milk, flour and oleomargarine rubbed together until smooth. Boil 5 minutes, then add parsley, mint or scallion. This is a thick porridge.

PEA SOUP MADE FROM PODS

Wash the young pods, remove the blossom end and cut into small pieces; put into saucepan and cover with cold water; add 1 teaspoon sugar, a little salt and 1 tablespoon of cut scallion top. Boil slowly for 1 hour, drain and to each 3 cups of the stock add 1 cup of milk, 1 tablespoon butter substitute and 1 tablespoon flour rubbed smooth. Boil 5 minutes, add seasoning to taste.

This can be made without the milk and makes a very tasty soup.

STEWED SNAPPER

The cleaned snapper is cut into small pieces and boiled in salted water until tender; drain and put into sauce, which is made as follows:

4 tablespoons butter.
4 tablespoons flour.
3 cups milk.
½ teaspoon whole cloves.
½ teaspoon whole allspice.
Small piece mace.
1 tablespoon caramel.
1 teaspoon Worcestershire sauce.

Make cream sauce, add spices and stand aside for 20 minutes; then strain; add the Worcestershire sauce and more hot milk if necessary.

Note: The stock is saved for snapper soup.

FISH

BAKED SHAD

Remove the head and tail; split down the back and remove the backbone and the small bones along the edge. Wash in cold water, but do not allow fish to lie in the water. Dry with piece of cheesecloth. Brush a shallow pan with 1 tablespoon drippings; put in the shad, skin side down; sprinkle with 1 teaspoon salt, ⅛ teaspoon pepper. Melt 1 tablespoon butter or butter substitute and put over the shad; sprinkle with a little flour and pour over ½ cup of milk; place in very hot oven 25 to 30 minutes. It should be a light brown. The hotter the oven, the better the shad will be. If browned in less than 15 minutes, reduce heat, as it takes 25 minutes to cook thru.

BROILED SHAD

Prepare the shad the same as for baking. Rub the broiler with a little drippings; lay the shad, which has been dried with a piece of cheesecloth, on the broiler. Put over a clear fire and turn as soon as it begins to heat; the more you turn the better it will be. It takes from 20 to 25 minutes to broil the fish. Put on hot platter, melt 1 tablespoon butter or butter substitute, add 1 teaspoon salt, ¼ teaspoon paprika and pour over the fish. Set in moderate oven about 15 minutes before serving; garnish with parsley and thin slices of lemon which have been dipped into finely chopped parsley.

BAKED SEABASS

Scale the fish and remove head; then split and remove center bone; cut away the small bones along the edge. Wash and dry between pieces of cheesecloth. The fish must never remain in water after it has been scaled. Brush a bakepan with drippings; put in fish, skin side down; sprinkle with salt, pepper and flour and a few thin slices of bacon. Put in hot oven and bake 30 minutes. Serve with or without sauce.

PANNED PORGIES

After scaling, remove head, split the fish and remove backbone and fin bones; rinse in cold water and dry on piece of cheesecloth; sprinkle with salt, pepper and flour.

Put drippings in pan; when hot put the fish in skin side down; sear quickly on both sides, then fry slowly until well done; garnish with lemon and sprigs of parsley.

BAKED FISH, SPANISH STYLE

2 to 2½ pounds weakfish or fish of choice.
6 ½-inch slices raw tomato.
2 tablespoons grated onion.
4 tablespoons chopped green pepper.
2 tablespoons melted drippings or cooking oil.
1 tablespoon flour. 1½ teaspoons salt.

Have the weakfish split and the backbone removed; lay in shallow pan which has been brushed with drippings, skin side down; sprinkle fish with salt, cover with sliced tomatoes, onion and peppers. Sprinkle with flour, the balance of salt and fat. Put ¼ cup of water in the pan to form gravy; put in hot oven 30 minutes, or until light brown; baste two or three times; serve on hot platter and garnish with parsley. Any medium-sized fish or steakfish can be prepared in this way.

TO BOIL HARD-SHELLED CRABS

Crabs must be alive when put into a boiler one-third full of boiling water; add 1 tablespoon salt, a pinch of red pepper to each quart of boiling water. With tongs or large skimmer take one crab at a time and put in the boiling water, hard shell down (they will die at once). Cover and boil for 30 minutes. Remove at once and spread apart to cool.

When ready to pick, remove the claws and talons, hard shell and apron; remove the stomach, which is under the head, and the "dead men's fingers." With a sharp knife cut in half and remove the meat carefully. Put the picked meat in a colander, which must be set on plate and kept on ice until used.

DEVILED CRABS

1 quart crab meat.
½ cup milk.
1 tablespoon butter.
1 teaspoon flour.
1 teaspoon chopped parsley.
1 teaspoon salt. Pinch red pepper.
½ teaspoon Worcestershire sauce.
1 egg and breadcrumbs.

Put the butter into saucepan; when melted add flour and mix well; then add the cold milk slowly; stir until smooth and creamy. Pour over crab meat and add the salt, pepper, parsley and Worcestershire sauce; mix well. Fill into crab shells which have been scalded and well cleaned. Cover with breadcrumbs, then with egg (1 egg beaten with 1 tablespoon of cold milk), then with breadcrumbs; fry in deep hot fat or bake in oven.

DEVILED CLAMS

Fresh clams are best, but where one lives where there are no fresh clams, canned ones may be used and prepared in scallop shells, or ramekins may be used.

8 large or 12 medium-sized clams.
2 tablespoons butter.
2 tablespoons flour.
1 cup milk.
1 tablespoon grated onion.
1 tablespoon finely chopped parsley.
1 cup fresh breadcrumbs.
½ teaspoon salt. ⅛ teaspoon pepper.
⅛ teaspoon paprika. 1 egg.
1 cup dry breadcrumbs.

Put the clams thru meat chopper; strain liquor; put the chopped clams in and place over fire. When it comes to a boil add the milk; bring to a boil. Have the butter soft and mix with the flour until smooth and add to boiling clams and milk; add onions and fresh breadcrumbs and all seasoning. Keep on fire a few minutes. Have the shells clean and fill them rounding full. Cover with well-beaten egg and dry breadcrumbs. Bake in hot oven 30 minutes or fry in deep, hot fat.

SAUCE CREOLE

2 tablespoons drippings or cooking oil.
1 cup finely cut onion.
2 tablespoons finely cut green peppers.
2 cups tomato sauce.
1 tablespoon sugar; 2 teaspoons salt.
⅛ teaspoon paprika.
½ teaspoon whole cloves and allspice.
Small piece whole mace.
2 tablespoons flour.
1 tablespoon Worcestershire sauce.
2 tablespoons finely cut parsley.
1 tablespoon caramel.

Put drippings or oil in frypan; add the onion and fry until brown. Add tomatoes, spices and seasoning; cook until quite thick. Add 2 cups of vegetable or rice stock or water. Cook slowly 20 minutes. Add flour, which has been mixed with a little cold water. Boil 5 minutes and rub thru strainer. Add caramel, Worcestershire sauce, parsley and green peppers. This will keep 2 or 3 weeks if put in glass jar and kept in cool place.

EGG DISHES

A DAINTY EGG DISH

4 hard-boiled eggs.
1 cup finely chopped cold boiled ham.
½ cup breadcrumbs. 1 cup cream sauce.
1 teaspoon salt. ¼ teaspoon paprika.
1 teaspoon finely chopped parsley.
1 quart potatoes.

Cut thin slices from the top and bottom of the egg so it will stand on either end; then cut in half; remove the yolk. Make balls with the ham mixture to fit where the yolk was removed. Boil the potatoes and put thru potato ricer on hot platter which has been brushed with a little butter, then place the eggs in a circle around the edge. Put the yolks thru the ricer over the top of all, set in oven just long enough to heat. Garnish with chopped parsley.

HAM FILLING—Put the finely chopped ham, breadcrumbs, cream sauce, ½ teaspoon salt and a little paprika into bowl, mix well; fill into the whites of eggs.

SAUCE—Put 1 tablespoon butter in saucepan; when melted add 1 tablespoon flour; mix well and add 1 cup of cold milk slowly, stirring until smooth.

TRY THESE SUNBURST EGGS

4 hard-boiled eggs. 4 thin slices toast.
1 cup milk.
1 rounded tablespoon butter substitute.
1 rounded tablespoon flour.
1 tablespoon grated onion or
½ teaspoon grated nutmeg.
1 teaspoon salt.

Chop the whites of eggs very fine and add to half of the cream sauce; rub 3 yolks thru strainer and add to other half of sauce; place toast on hot platter, pile whites on the toast and the yolks with the sauce around the toast; grate this extra yolk over all and garnish with parsley.

CREAM SAUCE—Put the butter into pan; when melted add flour and onion; mix until smooth; add cold milk slowly and stir until thick and creamy; boil 3 minutes, add seasoning.

EGGS—THE BRIGHT SIDE UP!

6 eggs.
2 cups cream sauce, seasoned and flavored with nutmeg.

Put the cream sauce in shallow earthen dish or agate pietin. Open eggs carefully and drop in the cream sauce; place in oven and bake until the eggs are firm. Before serving dust with salt and pepper.

EGGS IN BREAD CASES

Cut the bread from large loaf, 2 inches thick; then place large biscuit cutter in center and cut around with a sharp knife; cut out the center and remove all the breadcrumbs so as to leave an opening large enough for an egg. After bread rounds are cut put on pan in oven until brown.

When ready to use, immerse bread cases quickly in hot, salted water and break the egg in center. Place in oven and bake until egg is as firm as you like it. Garnish with crisp, fried bacon.

SOMETHING DIFFERENT—EGGS A LA MARTINE

4 hard-boiled eggs. 1 cup white sauce.
4 tablespoons grated cheese.

Add the grated cheese to the sauce, stir until cheese is melted; add the chopped hard-boiled eggs; serve on rounds of toast; garnish with sprigs of parsley; dust with paprika.

HERE IS A CREAMED EGG PIE

4 hard-boiled eggs. 1 cup cream sauce.
1 quart mashed potatoes.
½ cup buttered breadcrumbs.
1 tablespoon chives or scallion tops.

The potatoes are mashed, seasoned and flavored to taste; half are put in buttered bakedish or casserole the same as a crust for meat or oyster pie. The hard-boiled eggs are cut in thin slices the long way and laid over the potatoes and the cream sauce is poured over the egg; the remaining potato is pressed thru ricer over the top of egg and sauce. Sprinkle with buttered crumbs; put in hot oven and brown slightly; dust with paprika and sprinkle with parsley.

TO STORE EGGS FOR WINTER

One quart of silicate of soda (water glass); 10 quarts of water. Boil and cool the water; add silicate of soda; put in earthenware crocks.

Examine the eggs, being sure they are fresh and not cracked. It is not necessary to fill the crock at once, as eggs can be added. When there are as many as one wants to do up, tie a piece of muslin over the top and wet with the solution before putting in cool place.

DEVILED EGGS ARE A RICH TREAT

4 hard-boiled eggs. 1 teaspoon mustard.
½ teaspoon salt.
1 tablespoon finely chopped parsley.
Dash cayenne pepper. Dash paprika.
1 tablespoon butter, olive oil or oleomargarine.
1 tablespoon vinegar.

Cut the hard-boiled eggs in half the long way, remove the yolk without breaking the white. Powder yolk with a silver fork, then add mustard, sugar, salt, paprika, cayenne pepper and vinegar; mix together; add the melted butter, olive oil or half cup of mayonnaise; mix until smooth and fill into the whites; rough top with fork and sprinkle with parsley.

SPANISH OMELET

½ cup mushrooms.
1 cup solid tomato meat.
½ cup finely chopped green peppers.
½ cup finely chopped scallion or onion.
3 eggs. 3 tablespoons cold water.
2 tablespoons butter or bacon drippings.
1 tablespoon flour. ½ teaspoon salt.
½ teaspoon Worcestershire sauce.

Put half the butter into pan with mushrooms, onion and peppers and cook until tender, but not brown. Keep stirring constantly; add the tomatoes and seasoning and boil 5 minutes; add flour, which has been mixed with cold water, and boil 3 minutes. Set on back of stove and make the omelet.

Separate the eggs; beat the whites until dry and very light; add yolks, which have been beaten until well mixed, with cold water and seasoning to taste. Put the remainder of butter into frypan; when hot add eggs, place over moderate fire and cook until bottom is firm; place in oven to dry top, then cover with the sauce; double over and put on hot platter. The remainder of sauce is poured around the omelet. Garnish with watercress.

A NEW SERVING FOR CREAMED EGGS

4 hard-boiled eggs.
1 tablespoon butter substitute.
1 tablespoon flour. 1 teaspoon grated onion.
1 cup milk. 1 teaspoon salt.
¼ teaspoon pepper. ¼ teaspoon paprika.

Put the butter substitute into saucepan; melt; add onion and flour; mix well and add the cold milk slowly; stir until smooth and creamy; add the salt, pepper and boil 5 minutes. Chop the eggs, yolks and whites together, and add to the cream sauce. Serve on toast or in hollow rolls; sprinkle with paprika and garnish with chopped parsley.

GOLDEN BELL EGGS CHARM THE PALATE

1 cup cold rice. 6 eggs.
1 teaspoon salt, a little pepper.
½ cup finely cut onion.
2 rounded tablespoons bacon drippings or oil.

Put drippings into pan; add onions and fry a few minutes, but do not brown; add rice, salt and pepper; heat thru. Beat the eggs until well mixed and pour over the rice; keep stirring until the eggs are cooked. Serve on hot dish and sprinkle with chopped parsley. This can be served with 1 cup of cream sauce around edge.

EGGS GOLDEN GLOW

6 eggs. 6 rounds toasted bread.
1½ cups milk. ½ teaspoon salt.
A pinch of pepper and a little nutmeg.

Beat the eggs until light; add salt, pepper and nutmeg and ½ cup of milk; put into saucepan over slow fire and cook, stirring until set; put 1 cup of milk on to boil; add 1 tablespoon of thickening and 1 teaspoon butter; boil 2 minutes. Put the toast on hot platter and pour over the thickened milk; place the fluffy cooked eggs on pieces of toast, which make six yellow rounds with white halo. A little onion juice may be added for those who like it.

YOU MIGHT CALL THESE EGGS ARTISTIQUE

6 hard-boiled eggs.
6 thin, square slices toast.
2 cups milk. 2 rounded tablespoons butter.
2 tablespoons flour.
1 tablespoon grated onion.
1 teaspoon salt and a little pepper.

Chop the whites of eggs very fine and add to half of the cream sauce; rub 5 yolks thru strainer and add to other half of cream sauce; place toast on platter; pile the whites, with sauce around the toast; grate the sixth yolk over all, garnish with six field daisies which have been rinsed under cold running water. This is a most attractive dish.

EGG MIGNONETTE

6 eggs.
3 tablespoons finely chopped scallion.
1 tablespoon cut parsley.
½ teaspoon salt. Pinch pepper.
1 tablespoon bacon drippings or 1 teaspoon oil.

Put the drippings into pan; break the eggs into bowl, but do not mix; add salt and pepper, pour into hot pan and with fork mix lightly until the eggs are set, which makes yellow and white streaked. One must be careful not to disturb the yolk until the egg is set. Serve on toast and sprinkle with scallion and parsley.

MEAT

SMOTHERED ROUND STEAK

1 pound steak. 1 teaspoon salt.
A little pepper. 1 teaspoon onion juice.
1 tablespoon flour. 1 tablespoon drippings.

Pound steak with meat tenderer or edge of wooden potato masher; sprinkle with salt, pepper, onion juice and flour; double over 3 times so it will be thick; press together firmly. Put drippings into iron pan; when hot put in meat and sear quickly; add 1 cup of hot water, cover pan and simmer slowly 20 to 25 minutes. If there is a hot oven, the pan can be put in after it has been seared. A little more water may be added if desired. Serve with mashed potatoes.

HAMBURG STEAK WITH RICE

1 pound round steak.
2 cups stale bread.
1 tablespoon finely cut parsley.
½ teaspoon grated nutmeg.
1 tablespoon flour. 1 tablespoon caramel.
1 teaspoon salt. Dash paprika.
1 cup rice.

Put the meat thru food chopper; add the bread, which has been soaked in cold water and pressed between the hands until dry, seasoning and form into small cakes. Dip in flour and lay in well-greased shallow pan. Put in hot oven, baste with rice stock, bake 10 minutes or until done to one's liking.

Wash and boil the rice as usual, spread on platter, sprinkle with 1 teaspoon of salt and put the meat cake on top. Put the flour in pan, mix well and add enough rice stock to make a cup of gravy. Season to taste and add caramel; pour over meat and rice; garnish with parsley.

BEEF STEW WITH DUMPLINGS

1 pound lean stewing beef.
½ cup onion. 2 cups carrot.
1 teaspoon salt.
¼ teaspoon white pepper.
1 tablespoon flour.
1 tablespoon finely cut parsley.

Have the meat cut in small pieces; wash, put in iron boiler to sear (brown). If you do not have an iron boiler, sear the meat in a frying pan. When brown on both sides, add enough boiling water to cover and boil slowly 1½ hours; then add the onion, carrot, salt and pepper and boil 35 minutes or more until tender. You may have to add a little more water. There should be 2 cups of gravy when finished. Mix the flour with a little cold water and add; boil 3 minutes. If not brown enough, add a little caramel. Sprinkle with the chopped parsley.

Dumplings

1 cup flour.
1 teaspoon baking powder.
½ teaspoon salt.
½ cup milk. 1 egg.

Sift flour, baking powder and salt into bowl; add milk and well-beaten egg; beat until smooth. Put the dough on stew by tablespoons; cover and boil rapidly for 10 minutes without removing cover, then remove dumplings with skimmer and place around edge of platter.

LAMB STEW WITH DUMPLINGS

1 pound stewing lamb.
½ cup cut onion. 1 teaspoon salt.
Dash white pepper. 1 tablespoon flour.
1 tablespoon chopped parsley.

Wipe the meat, cut into 2-inch pieces; put into a saucepan, cover with boiling water; boil 1 hour; add the onion, salt and pepper; boil 30 minutes; add the flour, which has been mixed with a little cold water; boil 5 minutes; sprinkle with the parsley. Dumplings are same as for beef stew.

SPRING LAMB WITH MINT SAUCE

Either hind or fore quarter of lamb can be used. The forequarter is much easier to carve and especially for the beginner, but most good butchers know how to fix either quarter so it will carve easily. If the hindquarter is used be sure part of leg bone, hip and chine bone are removed. Only leave a bone in the leg. If forequarter, all shoulder bones, chine and neck bones are taken out. The bones are used for broth or stock.

The meat is wiped, seasoned with salt, pepper and flour and a little drippings (if the meat is very lean). Put in a hot oven and sear quickly. Reduce the heat and add 2 cups of water. Roast slowly 1½ hours, basting quite frequently. Make 2 cups of gravy with either piece of meat.

SCALLOPED LAMB

Cold boiled or roast lamb cut into small slices.
2 cups breadcrumbs.
2 tablespoons onion juice.
½ teaspoon salt. Dash pepper.
1 tablespoon drippings.
1 cup cold gravy or stock.
1 cup strained tomatoes or white sauce.

Brush casserole dish or small agate pan with melted drippings; cover bottom with breadcrumbs; then a layer of meat, another layer of breadcrumbs, meat and breadcrumbs again. Mix tomatoes, gravy, stock or water; add onion, salt and pepper; pour over the top. Cover and bake 15 minutes; uncover and bake 15 minutes or until nicely browned. If dry, add more moisture. The more gravy, the better the meat dish.

LAMB LOAF WITH NEW PEAS

Neck or breast of lamb.
1 cup rice. 1 cup cream sauce.
1 tablespoon grated onion.
Or ½ teaspoon grated nutmeg.
1 tablespoon finely chopped parsley.
2 tablespoons finely chopped green peppers.
½ teaspoon salt. ⅛ teaspoon paprika.

The meat is boiled in 1 quart of water and is cooled in the stock. Remove the strained stock for broth. Boil the rice; drain (do not blanch); put the meat and rice thru food chopper; add sauce and seasoning. Put in tube pan or brick pan that has been brushed with butter substitute; bake 25 to 40 minutes. Serve with green peas in center and around edge.

LAMB STEW A LA MERION

1 pound stewing lamb.
1 quart string beans.
1 quart small potatoes.
½ cup cut onion. 2 tablespoons flour.
2 tablespoons cut parsley.
2 teaspoons salt or salt to taste. Paprika.

The meat is cut into small pieces; put on to boil in 4 cups of boiling water and boil 1 hour; then add onions and string beans, which have been prepared as usual. Boil 15 minutes and add the potatoes and salt; boil until all are tender; add more water if needed. Thicken with flour.

Put meat and beans in center of chop plate and the potatoes around the edge; pour gravy over all and sprinkle with parsley. Dust with paprika.

COLD MINT SAUCE

½ cup mint leaves chopped fine.
1 tablespoon pulverized sugar.
1 tablespoon vinegar or lemon juice.
1 tablespoon water, pinch of salt.

Mix all well together and serve in separate dish to be used with the meat. The meat is placed on hot platter and garnished with sprigs of parsley or mint; or mint gelatin can be used, which is less work and one is always sure it is O. K.

ROAST LAMB AND POTATOES

Shoulder yearling lamb.
2 cups stale bread.
1 tablespoon finely chopped onion.
1 tablespoon drippings.
1 tablespoon chopped parsley.
1 teaspoon salt. Dash white pepper.

Wipe the shoulder with piece of wet cheesecloth, fill with the bread filling and sew up. Put into hot oven 20 minutes, or until well seared; then add 1 cup of cold water; dust with salt and pepper and roast 45 minutes, after reducing the heat of oven. Add ¼ peck of washed and pared potatoes and roast 1 hour, adding water as it is needed. Remove the meat and potatoes to hot platter and make the gravy by adding 1 tablespoon flour, which has been mixed with a little cold water; mix well and add 1 tablespoon caramel; boil 3 minutes.

DRESSING—Soak the bread in cold water 5 minutes. Put the drippings and onion into pan; when cooked add the bread, which is pressed thru the hands until all water is out, the salt, pepper and parsley; mix well and cook thoroly.

STUFFED BREAST OF VEAL

Purchase a 3 to 4 pound breast of veal. Have the butcher cut a pocket in the veal; wipe with piece of wet cheesecloth; fill and sew up. Place in roast pan; sprinkle with salt and pepper; put into hot oven and roast 1 hour, adding water as it is needed. There must be 2 cups of gravy when finished. Add the white potatoes, which have been pared and washed, and roast 30 minutes. Remove the meat to hot platter; place the potatoes around the edge; pour the gravy around or serve in gravy boat; garnish with sprigs of parsley.

Gravy

Add 2 tablespoons flour, which have been mixed with a little cold water, to the pan; add ½ teaspoon salt, a dash of pepper and 1 tablespoon caramel.

Filling

2 cups stale bread.
2 tablespoons finely chopped onion.
1 tablespoon drippings. 1 teaspoon salt.
⅛ teaspoon white pepper. Dash paprika.

Put the drippings and onion into pan; add the bread, which has been soaked in cold water and pressed dry between the hands; then add the salt, pepper, parsley and paprika; mix well and keep stirring until it has fried dry. Fill the pocket and close.

VEAL CUTLETS WITH PEAS

When buying veal cutlet always have it cut thin. Cut into 8 pieces; sprinkle with salt and pepper, then with flour; dip in egg (1 egg beaten with 1 teaspoon of milk), then in breadcrumbs. Fry in hot fat and drain on tissue toweling or brown paper. Serve with peas.

MINCED VEAL CUTLET

1½ pounds knuckle or lean stewing veal.
1½ teaspoons salt. Pepper to taste.
1 cup white sauce. 2 eggs.
1 tablespoon finely chopped parsley.
¼ teaspoon powdered mace. Breadcrumbs.

Put the veal on to boil in very little water, add salt, pepper and small onion. Boil slowly until tender (the water must have boiled away). Put the meat thru food chopper; add the white sauce, chopped parsley, mace and a well-beaten egg; mix well. Spread on platter and set in cold place for 2 or 3 hours. (This can be made the day before.) Take a tablespoon into floured hands and shape into cutlets. When all are shaped, dip into well-beaten egg (1 egg and 1 tablespoon of milk), then into breadcrumbs. Fry in very hot cooking oil until browned nicely. These cutlets are exceptionally nice for a lap affair.

VEAL CROQUETTES WITH PEAS

2 pounds lean stewing veal.
2 cups cold boiled rice.
2 cups cream sauce. 1 teaspoon salt.
Pepper to taste.
½ teaspoon grated nutmeg or scraped onion to taste.
1 tablespoon Worcestershire sauce.

Boil veal until tender. When cold, put meat and rice thru food chopper; add sauce and other ingredients; mix well; spread on plate; put in cold place. When cold and firm take a tablespoonful into floured hands and mold into cones or oblong shapes. After all are molded, dip in well-beaten egg, which has been mixed with 1 tablespoon of milk; then in fine breadcrumbs. Fry in very hot drippings or oil.

FRICASSEE OF VEAL

2 pounds veal.
2 tablespoons finely cut onion.
2 tablespoons finely cut parsley.
2 tablespoons flour. 1 tablespoon salt.
2 tablespoons lemon juice. Paprika.

Wash the veal; put on with 3 cups of boiling water; bring to a boil quickly and add onion; keep adding water as it boils away. When meat is tender, add salt, pepper and flour, which has been mixed with cold water; boil 5 minutes; add lemon juice and garnish with slices of lemon.

CHICKEN EN CASSEROLE

4 to 4½ lbs. stewing chicken.
1½ cups cut carrot. 1 cup cut onion.
4 tablespoons chopped green pepper.
2 tablespoons cut parsley.
2 tablespoons drippings.
2 tablespoons flour. 1 teaspoon salt.
Dash paprika.

Clean the chicken the same as for stewing. The backbone, wing tips, neck and giblets are used for soup. The drumsticks, thighs and breast (cut in 2 pieces) are put in iron pan with drippings and seared on both sides. Put half of onion and half of carrot in the bottom of the casserole, then a layer of the seared chicken, then the remainder of the vegetables, salt, chopped peppers and paprika and 2 cups of boiling water; cover and put in moderate oven 2½ to 3 hours. I would never cook a young chicken like this; fowls are best cooked in this way. Mix the flour with a little cold water and add to the gravy just before serving; sprinkle with chopped parsley.

FRIED CHICKEN, BROWN GRAVY

Singe, wash and clean the chicken; cut into pieces as follows: Two thighs, 2 drumsticks, 2 wings, the breast cut in 2 pieces, the backbone cut in 4 pieces. Wipe on piece of cheesecloth; dust with salt and pepper, dredge in flour. Put into frying pan with 2 tablespoons drippings or butter substitute.

Put pan over fire, lay chicken in and brown quickly; add a little water and reduce heat and fry slowly on both sides with cover on. You may have to add a little more water. When tender remove from pan and add 1 tablespoon of flour; mix with whatever gravy or fat there is in the bottom of the pan; then add 1 cup of cold milk; boil a few minutes.

EGG SHELLS ARE USEFUL

Be sure to save all egg shells for clearing coffee, also for clarifying drippings and the cleaning of bottles. Crush the egg shells fine, put in bottle with a little soap powder and hot water; shake the bottle well.

STEWED CHICKEN

Cut the breast into 4 parts; joint the thighs and wings; put into boiler with boiling water to cover and a small onion and boil slowly 2 hours; add 1 teaspoon salt, 2 tablespoons flour, which has been mixed with a little cold water, and boil 5 minutes. Serve on a platter with border of potatoes and gravy. Sprinkle with chopped parsley.

MEAT DISHES

SPINACH, RICE AND MEAT

¼ peck spinach. 1 cup rice.
1 cup cold meat. 1 cup milk.
1 cup breadcrumbs.
1 tablespoon butter or substitute.
1 teaspoon grated onion. 1 tablespoon flour.
1 teaspoon chopped parsley. 1 teaspoon salt.
⅛ teaspoon paprika.

Wash and boil the spinach as usual; drain and chop; add the cream sauce, all but 2 tablespoons. Mix well and put in center of platter.

Boil the rice as usual, drain and blanch with hot water; put around the spinach.

The cold meat is put thru meat chopper, add 2 tablespoons cream sauce or gravy, the breadcrumbs, parsley and seasoning to taste; form into small round balls; place on pietin which has been brushed with drippings; put in hot oven 10 minutes, or until firm; place between the spinach and rice; garnish the edge with sprigs of parsley.

SURPRISE CROQUETTES

2 cups cold boiled rice.
1 cup cold boiled ham.
1 cup thick cream sauce. 1 hard-boiled egg.
1 raw egg.
2 tablespoons finely chopped green peppers.
1 teaspoon salt. Breadcrumbs.

Put the rice and ham thru food chopper; add the cream sauce; pepper and salt. Mix well. Cut the hard-boiled egg in 6 pieces the long way. Put the ham and rice mixture around the piece of egg; roll in flour, then in the raw egg mixed with 1 tablespoon of cold milk. Dip the croquette in egg, then in breadcrumbs; fry in very hot fat. The croquettes are made oblong. Serve with green peas around. The cream sauce is made with 1 tablespoon butter, 2 tablespoons flour and 1 cup of cold milk, seasoned and flavored to taste.

SPINACH WITH MINCED HAM

¼ peck spinach. 2 cups chipped ham.
1 tablespoon ham drippings.
1 tablespoon flour.
1 tablespoon grated onion. 1 teaspoon salt.
¼ teaspoon paprika. 1 cup milk.

Wash and clean spinach; boil as usual; drain and sprinkle with salt and pepper. Place in center of platter and put the creamed ham around edge. To make the creamed ham put the drippings in pan; when melted add the flour; mix well and add the onion and milk, seasoning and ham, boil 3 minutes.

BOILED HAM WITH YOUNG BEETS

The butt end of ham is washed in hot water; put on to boil in cold water; boil slowly until tender. Remove and keep in a warm place. Add the beets and tops, which have been washed, but not pared, to the stock; boil 40 minutes, or until tender. Drain, skin beets and slice. The tops are chopped, seasoned with pepper and salt to taste; put the sliced beets over the top of beet tops. The ham is sliced thin and put around beet tops.

HAM WITH GRAVY AND RICE BALLS

Fry slices of ham quickly in very little fat; keep turning all the time; when done remove from pan. Take pan from fire and add 1 or 2 tablespoons of flour, or as much as the fat will absorb. It must be smooth before it is returned to the fire; then add cold rice stock, boil slowly until smooth and thick. If 1 tablespoon of flour is used 1 cup of rice stock is enough. Add seasoning to taste; pour on platter, place ham in center and the rice balls around the edge.

2 cups rice. 2 teaspoons salt.
½ teaspoon grated nutmeg.
2 eggs.
2 tablespoons milk. Breadcrumbs.

Wash and boil the rice as usual, but do not blanch. Beat 1 egg with 1 tablespoon milk, and add to the rice; add salt and nutmeg; mix well, take a spoonful into floured hands and roll. The mixture must be warm when rolling; after all are rolled in floured hands set aside until cold and firm; beat 1 egg with 1 tablespoon milk until well mixed, roll the rice in the egg, then in breadcrumbs. Fry in hot fat until brown; serve around ham.

BAKED HAM WITH CREAM SAUCE

2-inch slice of ham. 2 tablespoons flour.
2 tablespoons brown sugar.
¼ teaspoon paprika. 1 cup milk.

The ham is boiled the day before and left in stock until cold. Put in shallow pan; dust with flour and sugar; put in hot oven with 1 cup of ham stock. Baste 2 or 3 times; when brown remove to platter. Cream sauce is made as usual.

HOW TO MAKE HAM LOAF

3 cups cold boiled rice.
2 cups cold boiled ham.
½ cup cream sauce. ½ cup breadcrumbs.
1 tablespoon chopped parsley.
1 tablespoon onion juice.
¼ teaspoon white pepper. Dash paprika.
1 egg. Salt if needed.

Put the ham and rice thru food chopper, and add the cream sauce, breadcrumbs, parsley, onion juice and seasoning; a tablespoon of Worcestershire sauce can be added if desired. Beat the eggs until light and add; mix all well together and press into a tube pan or mold, which has been brushed with drippings. Bake in a moderate oven 35 or 40 minutes. When cold, slice thin. Serve on lettuce leaves; garnish with salad dressing.

"MEAL" DISHES

DISH FOR THE MEATLESS MEAL

1 cup (½ pound) rice.
2 cups canned tomatoes.
½ cup finely cut onion.
1 cup (¼ pound) grated American cheese.
2 tablespoons drippings. 1 teaspoon salt.

Put the drippings and onion into pan, fry until cooked, but not brown, then add the rice, which has been washed, boiled and blanched as usual, the tomatoes and salt; cook 10 minutes. Spread on platter, cover with cheese and set in oven until cheese is melted. Dust top with paprika and sprinkle with chopped parsley.

SURPRISE MEAL

½ pound chopped raw beef.
1 quart potatoes.
1 cup cut carrots.
1 pint shelled peas.
1 tablespoon parsley.
1 tablespoon scraped onion.
1½ teaspoons salt.
Pepper.
1 tablespoon butter substitute.

Wash, pare and cut potatoes and carrots; put both on together and boil until tender; add onion, salt, pepper and butter substitute. Beat until light. Brush bakedish with butter substitute, put in the potato and carrots, making it rather high in center. Make 6 holes with back of tablespoon on top; season and flavor the chopped raw beef to taste and put a tablespoon of beef in each hole; put in hot oven and bake until meat is done to one's liking. Cook and season peas and put around edge of dish. Sprinkle with parsley and paprika.

TO HAVE LIGHT CAKES

Always beat rather than stir your cake batter. The reason for beating batter is to introduce air into the mixture, while stirring makes it more solid and airless.

VICTORY MEAT DISH

¼ pound dried beef. 1 head cabbage.
1 quart onions. 1 quart potatoes.
1 quart carrots.
2 tablespoons oleomargarine.
1½ tablespoons flour.
1½ cups milk.
1 teaspoon salt. Dash paprika.

Cut the cabbage into quarters, cover with cold water 20 minutes; drain and put on to boil in plenty of water in an uncovered vessel and boil 30 minutes; drain. Wash and pare onions and potatoes; scrape the carrots and cut in 1-inch rounds; put the 3 vegetables in 1 boiler and boil 30 minutes; drain (have the onions, potatoes and carrots about the same size). Put the oleomargarine in small pan with dried beef, which has been picked into small pieces, stir until oleomargarine is melted, then sprinkle with flour, stir until all adheres to the beef; add the cold milk slowly; boil 5 minutes. How to serve:

Put the 4 quarters of cabbage in center of the platter, the potatoes around the cabbage and onion around the potatoes and decorate the edge with carrot. Pour the cream sauce, which is flavored with dried beef, parsley and paprika, around the vegetables.

PORK CHOPS HOOVER

½ pound pork chops (2 chops).
¼ peck small potatoes.
2 cups carrots. 1 cup cut onion.
2 tablespoons beef drippings.
2 tablespoons flour.
1 tablespoon caramel. 1 tablespoon chopped parsley.
2 teaspoons salt. Pepper.

Pare the potatoes, scrape and cut carrots; put both into one boiler and boil until tender; drain and sprinkle with 1 teaspoon of salt; shake boiler and put on hot platter. While the potatoes are boiling make the sauce. By the time the potatoes are tender the sauce will be finished, then pour it over potatoes and carrots and sprinkle with parsley. Sauce is made as follows:

SAUCE FOR PORK CHOPS HOOVER

Put drippings and onion into pan, fry until tender but not brown; add the pork, which has been put thru food chopper, stirring until meat is slightly seared, then sprinkle the flour over onion and meat; stir well and add 1½ cups of vegetable or rice stock; add seasoning and caramel and boil 15 minutes. Pour over potatoes and carrots.

SPINACH MOLD

¼ peck spinach. 1 tablespoon butter.
2 hard-boiled eggs. 1 teaspoon onion juice.
2 tablespoons flour. Salt and pepper to taste.

Clean, wash and boil the spinach; drain (save the water in which it is boiled); be sure that all the water is removed. Put the butter into saucepan; when melted, add the flour and onion juice; mix well, and then add ½ cup of the stock in which the spinach is boiled; stir until thick and smooth; add salt and pepper and then add to the spinach; mix well. Put the spinach in center of chop plate; chop the whites of the hard-boiled eggs and put around the edge, then grate the yolks of eggs in the center of the spinach.

CREAMED SPINACH WITH EGGS

¼ peck spinach. 4 eggs.
¼ pound dried beef. 1 cup white sauce.
1 teaspoon salt. Paprika. Parsley.

Wash, clean and boil the spinach as usual with little or no water; if young, boil 8 to 10 minutes. Drain, sprinkle with a little salt, chop just a little, then put on center of chop plate.

Poach or steam the eggs, put on top of spinach; sprinkle with salt and paprika; put the creamed dried beef around the edge.

MEAT WITH RICE AND NEW PEAS

1 cup rice. ¼ peck peas.
2 tablespoons butter substitute.
1½ teaspoons salt.
2 tablespoons finely chopped green pepper.
1 tablespoon flour. Left-over meat.

Wash, boil and blanch the rice as usual; also boil the peas. Put the rice in center of hot platter, sprinkle with a little salt, drain the peas (saving the water), season to taste and put around the rice, then cover the rice with the meat, which is prepared as follows:

Put fat, onion and green pepper in frypan; fry until tender; but not brown; then add flour; stir until smooth and add the water in which the peas have been boiled; stir until smooth and add the cold meat, which has been cut into thin, small pieces. Heat thru. A half cup of cold meat will be enough to flavor the rice.

CHEESE RECIPES

FRIED TOMATOES WITH CHEESE

4 firm tomatoes. ½ cup cornmeal or flour.
1 cup milk. 1 tablespoon drippings.
1 tablespoon sugar. ¼ teaspoon salt.
Dash white pepper. ½ cup grated cheese.

Wash the tomatoes, remove skin from the top and bottom and cut in half. Sprinkle with salt, pepper and sugar and then dip in the cornmeal or flour. Put the drippings into the frying pan, and when hot add tomatoes and fry until light brown on both sides; add the milk and boil 5 minutes. Serve on small pieces of toast and sprinkle with the grated cheese.

CHEESE SAUCE

For potatoes, rice, hominy and cornmeal mush.
2 tablespoons butter substitute or cooking oil.
1 teaspoon scraped or grated onion.
⅛ teaspoon paprika. 1 teaspoon salt.
1 tablespoon flour.
1 cup of milk and rice stock.
1 cup (¼ pound) grated American cheese.
1 teaspoon Worcestershire sauce. Chopped parsley.

Put fat and onion into pan; when melted remove from fire; add flour, mix until smooth, return to fire and add the cold milk, slowly stirring until smooth; add seasoning and cheese; stir rapidly until cheese is dissolved. DO NOT BOIL. Pour over boiled potatoes, rice or hominy or cover platter with slices of cornmeal mush, place in oven a few minutes. Sprinkle with paprika and parsley. Serve at once.

ESCALLOPED CHEESE

2 cups grated American cheese.
2 cups breadcrumbs. 1 cup milk.
½ teaspoon salt. Dash white pepper.
¼ teaspoon butter substitute.

Brush 6 or 8 earthen ramekins with the melted butter substitute; pour the milk over the breadcrumbs; add half the grated cheese, salt, pepper, Worcestershire sauce and mix well; fill into ramekins; sprinkle with the remainder of cheese and breadcrumbs and bake in a moderate oven 30 minutes.

CHEESE FONDU

1 cup breadcrumbs.
¼ cup boiling water.
2 tablespoons butter substitute.
1 cup boiling milk.
1 cup grated or chopped cheese.
3 eggs. 1 level teaspoon salt.
Dash of paprika. Little parsley.

Put crumbs, butter substitute and cheese into bowl; cover with boiling milk; when cold, add seasoning and well-beaten yolks of eggs. Mix well, then beat the whites of eggs until light and fold in lightly. Brush bakedish, put in mixture; cover with a little of the grated cheese; place in moderate oven 25 minutes. Serve at once.

CHEESE PUFFS

2 tablespoons butter.
¼ cup grated cheese. 1 egg.
1 white of egg. A few grains of cayenne.

Put butter and water in saucepan; when boiling add salt, cayenne and flour; stir until the mixture cleaves to the spoon. Remove from the fire and add the cheese and 1 egg; beat well; add the white of egg and beat again. Drop by teaspoonfuls on a buttered baking sheet; sprinkle with grated cheese and bake 20 minutes in a hot oven.

CHEESE SOUFFLE

2 tablespoons butter substitute.
1 tablespoon flour. 1 cup milk.
¼ pound (1 cup) grated cheese.
3 eggs. ½ teaspoon salt.
⅛ teaspoon paprika. Dash white pepper.

Put the butter into saucepan over fire; when melted add flour; mix until smooth; then add the cold milk; stir until smooth; boil 3 minutes. Remove from fire; add the grated cheese and stir until melted. Separate the eggs; beat the yolks until well mixed; add to the cooled mixture; beat the whites until dry and fold in lightly. Brush earthenware dish with a little butter; pour in mixture; put in moderate oven and bake 25 to 30 minutes. Serve at once.

DON'T WASTE THIS FOOD VALUE

Save all water in which vegetables are cooked for soups, sauces, stews and basting roast meat or poultry. A large part of the valuable mineral salts are thus saved from waste, and we need these food elements to keep us strong and healthy.

SMALL POTATOES, CHEESE SAUCE

1 quart small potatoes.
1 tablespoon butter or oleomargarine.
1 tablespoon flour. 1 cup milk.
1 tablespoon grated onion. 1 teaspoon salt.
⅛ teaspoon white pepper.
1 cup grated cheese.

Put the small potatoes on and boil until tender; drain, add the sauce, put into tureen and sprinkle with parsley.

SAUCE—Put the butter into saucepan with the onion, add the flour and mix well; then add the cold milk slowly, stirring until smooth and creamy; add the salt, pepper and cheese, stir until cheese is melted, but do not boil.

VEGETABLES

NEW PEAS

A quarter peck of peas are shelled, put on in boiling water to cover, add 1 teaspoon sugar and boil in uncovered vessel until tender, anywhere from 20 to 25 minutes, depending on kind and age of peas. The water should be well boiled away; then add salt, pepper to taste and 1 teaspoon of butter or oleomargarine after they are put into the serving dish. The pods are saved for soup. When mint is plentiful a small sprig can be added for those who like the flavor.

CREAMED SCALLIONS

Clean and wash the scallions; do not cut off the green; tie in small bundles and boil 25 minutes in salted water, uncovered. When tender, drain (save the water to be used in soup), lay the scallions on toast and cover with the cream sauce made as follows:

Put 1 tablespoon butter into saucepan, add 1 tablespoon flour, mix well, then add 1 cup cold milk slowly, stirring until smooth and creamy; then add ½ teaspoon salt and a little paprika; boil 3 minutes and pour over the scallions.

CREAMED NEW ONIONS

1 quart onions. 1 tablespoon butter.
1 tablespoon flour. 1 teaspoon salt.
⅛ teaspoon white pepper.

Peel the onions, put on in saucepan with boiling water enough to cover and 1 teaspoon salt; boil 30 minutes, or until tender, without cover. Drain, put the butter in saucepan; when melted add 1 cup of water in which the onions were boiled; boil until smooth, pour over the onions. Add 1 teaspoon lemon juice, if you like; it makes a pleasant change.

NEW CABBAGE, BECHAMEL SAUCE

1 head new cabbage.
1 tablespoon butter substitute.
1 tablespoon flour. 1 cup milk.
1 hard-boiled egg.

Cut the cabbage into quarters, remove part of the core and lay in cold water 30 minutes, then drain, cover with boiling water and boil 30 minutes or until tender in uncovered vessel. Drain, put into tureen and cover with sauce made as follows:

Put the butter substitute into saucepan over fire; when melted add the flour; mix well and add the cold milk slowly, stirring until smooth and creamy; add salt, pepper and a little grated nutmeg or grated onion, the finely chopped white of egg and the yolk which has been powdered.

Cabbage must be boiled in plenty of water in an uncovered vessel.

CREAMED STRING BEANS

String 1 quart of beans, cut into half-inch pieces and set aside in cold water 30 minutes; drain and cover with boiling water; add 1 tablespoon of cut onion for flavor and boil 30 minutes, or until tender. Cover with the cream sauce, made with bacon drippings. The bacon drippings are not only cheaper than butter, but flavor the beans much better.

Sauce

1 tablespoon bacon drippings.
1 tablespoon flour.
1 tablespoon scraped onion.
1 cup cold milk. 1 teaspoon salt. Dash white pepper.

Put the drippings into pan; add onion and flour; mix well, then add the cold milk slowly; boil 3 minutes; add salt and pepper. If you have no bacon drippings on hand, fry 2 or 3 thin pieces of bacon and use the bacon to garnish the beans.

BEET TOPS

Cut the tops of beets off about 1 inch from beet; wash both; put the beets in saucepan, cover with boiling water. The tops are put in strainer on top of beets; cover and boil until tender. In that way the beets will be ready for next day, and one cooking will do both tops and beets. When tender remove, strain, press dry, season to taste and serve with white sauce, lemon juice or vinegar. The tops are just as good as spinach.

FRIED TOMATOES, CREAM SAUCE

4 tomatoes. ½ cup flour.
1 tablespoon sugar. 1 teaspoon salt.
2 tablespoons drippings. 1 cup milk.

Cut the tomatoes into slices, sprinkle with sugar and salt; dip into flour, put into hot drippings, fry very slowly until nicely browned on both sides. Remove the tomatoes, add the milk and boil a few minutes. Mix 1 tablespoon flour with a little cold water, add and boil until thick.

FRIED EGGPLANT

1 small eggplant.
1 egg. 2 tablespoons flour. 1 tablespoon milk.
1 teaspoon salt and pepper to taste.
Breadcrumbs or cornmeal.

Pare eggplant and cut into ¼-inch slices, then cut in half, sprinkle with salt, pepper and flour. Beat the egg and milk together, dip eggplant in the egg mixture, then in breadcrumbs, fry in deep, hot drippings or oil. Drain on paper. Care must be taken to cover eggplant with the egg and crumbs. If there are no breadcrumbs on hand, use cornmeal.

CREAMED PEPPER CABBAGE

1 quart finely cut or chopped cabbage.
1 cup finely cut or chopped green peppers.
1 cup cream dressing.

Cover the cabbage with cold water for 30 minutes; drain and shake dry; add peppers and dressing; mix well and serve on lettuce leaves.

BOILED NEW POTATOES IN THE SKINS

In the first place, it takes less time to prepare them, no waste and the full flavor of the potato is retained. The brown skin may not look quite as attractive as the snow-white potato, but there is a mighty good flavor just under the skin which one does not get if the potatoes are pared. Try them some time.

HASHED POTATOES WITH MEAT

Left-over potatoes. Left-over meat.
2 tablespoons finely cut onion.
2 tablespoons finely cut parsley.
1 tablespoon drippings.
Salt and pepper to taste.

Chop the potatoes and meat rather fine. If 3 cups of potatoes and ½ cup of meat are used, use 1 tablespoon of drippings; if less, use less drippings. Put drippings into frypan with the onion, cook a few minutes, then add the chopped potatoes, season to taste. When heated thru add the chopped meat, and if a little gravy was left over, add it. Heat thru, serve on toast and sprinkle with parsley.

Note: The hash will be improved if one uses the drippings from the roasted meat.

CREAMED POTATOES—SCALLIONS

1 quart small potatoes.
2 cups scallions. 1 cup cream sauce.
1 teaspoon salt. Dash pepper.

Wash and scrape the potatoes, put over fire, add the whole scallions and boil until tender; drain, dust with salt and cover with the cream sauce; sprinkle with pepper and dust with paprika. The onions and potatoes, boiled together and covered with the sauce, make a very tasty dish.

LYONNAISE POTATOES

1 quart potatoes.
1 tablespoon drippings. 1 cup of cut onion.
2 teaspoons salt. ⅛ teaspoon white pepper.
1 tablespoon chopped parsley.

Wash and boil the potatoes in their jackets. Put the drippings into frypan; add the onion and fry until it is tender (not brown), then add the potatoes, which have been skinned and chopped. Heat thru, add salt, pepper and parsley.

SUMMER SQUASH

Wash and remove the stem and blossom end; cut into small pieces; put in saucepan; cover with boiling water. Boil in uncovered vessel 25 minutes, or until tender. Drain, mash thru colander; season with salt, pepper and a little butter.

Note: When cooking the above, one does not have her hands all stained and there is no waste.

TOMATO SAUCE

1 quart tomatoes after peeled and cut.
1 tablespoon sugar.
1 level teaspoon salt.
Pepper to taste.
1 teaspoon butter.
1 tablespoon flour.

Boil the tomatoes very slowly until quite thick; add seasoning and flour; boil 5 minutes.

Note: Another good way where no thickening is needed: Skin and cut the tomatoes; put in casserole or in shallow earthen dish and bake in oven (when baking); season to taste. I frequently serve and prepare in small ramekin dishes; brush casserole or ramekin with butter; put in the tomatoes and seasoning. A little onion juice may be added. Bake slowly until tender; then stir with fork.

SALADS

AN ATTRACTIVE SPRING SALAD

4 hard-boiled eggs.
½ cup dressing or mayonnaise.
2 cups shredded lettuce.

Cut the eggs in half the long way, remove the yolks. Cut the whites in narrow strips; mash the yolks thru a strainer. Put a little lettuce on each plate and put about a teaspoonful of the yellow right in the center, and arrange the pieces of white around the yellow so as to make it look like a daisy; serve with French dressing. The dressing should have a little grated onion in it.

DANDELION AND SCALLION SALAD

1 quart dandelion.
1 cup cut scallions.
½ cup dressing of choice.
1 hard-boiled egg.

Clean, wash and cut the dandelion into ½-inch pieces; scallions are cut the same. Put into cold water for 1 hour; drain; put into a flour bag that you keep for that purpose. The egg is hard boiled at any time during the morning. Dressing can be made the day before. A good plan is to make enough salad dressing for a week. When mealtime comes, mix dandelion, scallions and dressing together, and garnish with finely chopped hard-boiled egg.

DEVILED EGG SALAD

6 hard-boiled eggs.
½ cup mayonnaise or boiled dressing.
6 tablespoons chopped green peppers.
4 cups shredded lettuce.

Mash the hard-boiled eggs thru coarse strainer; add the mayonnaise; mix well and form into small pear shapes. Roll in the chopped green pepper. Line platter with lettuce and place the pear-shaped egg mixture on top.

A small piece of green pepper can be put at top for the stem. This is very attractive and makes a good salad. The mayonnaise or dressing should be strongly flavored with mustard and a little onion juice.

COTTAGE CHEESE SALAD

2 cups cottage cheese.
Salt and pepper to taste.
½ teaspoon dry mustard.
1 tablespoon scraped onion.
½ cup finely chopped celery or celery seed.
1 small head lettuce. ¼ cup French dressing.

Mix cheese and flavoring until smooth, then add celery or celery seed. Separate lettuce, wash and shake the leaves, or put between tissue toweling to dry. The large leaves are cut in half, and on each piece put a spoonful of the cheese mixture; roll and place on plate that is lined with shredded lettuce. Pour the French dressing or salad dressing of choice over the rolls. Garnish with finely cut pickled beets or carrots.

LAMB AND MINT SALAD

2 cups cold lamb.
1 cup cut celery.
2 tablespoons chopped green pepper.
Salt and paprika to taste.
2 cups shredded lettuce.
½ cup salad dressing.
2 cups mint gelatin.

Remove all fat from cold boiled or roasted lamb; cut into small pieces; mix with celery, green peppers, seasoning and half the dressing.

Put the lettuce on shallow plate and the meat in center. Cut the mint gelatin, which is made as usual, into small blocks or narrow strips, and place around the meat. Put the remainder of dressing over top of meat.

PINEAPPLE SALAD

Wash and pare the pineapple and remove the eyes. Cut in half the long way and with fork pick into small pieces; serve on bed of lettuce with French dressing made with lemon juice instead of vinegar or with mayonnaise mixed with whipped cream.

JELLIED TOMATOES IN BOATS

Wash and pare 2 even-sized cucumbers; cut in half the long way; point one end and round the other. Remove the center, leaving only a thin shell. Fill cucumber with jellied tomatoes cut into dice or fresh tomatoes cut in quarters. In the early fall, when cucumbers and yellow tomatoes are plentiful, cut them in quarters and put in the cucumbers and cover with boiled dressing.

Note: Shrimp salad served in the cucumber boats is very attractive.

WATERCRESS AND HARD-BOILED EGG SALAD

4 hard-boiled eggs.
1 bunch watercress.
A few lettuce leaves.
1 cup salad dressing.

Line a salad dish with shredded lettuce, wash and clean the watercress and make a bed of it on the lettuce; slice the whites of eggs very fine and place on top of watercress. Press the yolks of eggs thru potato ricer or strainer and sprinkle over top.

Serve with a boiled dressing or dressing of choice.

RHUBARB SALAD

4 cups rhubarb, cut in ½-inch pieces.
1 cup sugar.
½ cup mayonnaise.
4 cups shredded lettuce.

Put the rhubarb on agate platter; sprinkle with sugar and place in moderate oven. Bake until tender, but not broken. When cold, lift rhubarb from syrup and place on lettuce. Serve with French dressing, mayonnaise or boiled dressing. The syrup is used for rhubarb whip or gelatin. Care should be taken not to bake too long.

CHERRY AND BANANA SALAD

2 ripe bananas.
2 cups cherry gelatin.
2 cups shredded lettuce.
½ cup cream mayonnaise.

Skin and scrape the bananas and put thru fruit press or mash thru colander. Put into individual molds that have been rinsed with cold water and cover with cherry gelatin, made as usual. When firm, turn out on shredded lettuce. Put a teaspoonful of mayonnaise on each one.

The red gelatin and white banana make a very attractive salad.

Serve salted crackers with this salad.

MIXED FRUIT WITH STRAWBERRY GELATIN

1 cup sliced orange.
1 cup sliced banana.
2 cups strawberry gelatin.
1 cup finely cut apple.
½ cup dressing of choice.
Lettuce leaves.

Mix cut fruits, put on lettuce leaves and surround with diced gelatin, made as usual, or have individual molds and place on lettuce and surround with the mixed fruits. Serve with dressing of choice.

Toasted crackers go well with this salad, and no dessert is used.

HAWAIIAN SALAD

1 cup fresh grated cocoanut.
2 cups seeded raisins.
2 cups finely cut apples.
2 cups shredded lettuce.
1 cup salad dressing.
½ teaspoon salt.
1 medium-sized sweet pickle.
1 pimento.

Wash the raisins in warm water, drain and dry; mix with finely chopped apples, salt and half the cocoanut. Line salad dish with shredded lettuce, put mixture in center; cover with mayonnaise or salad dressing of choice; sprinkle top with remainder of cocoanut; garnish with pickle, which has been cut into thin slices, and thin slices of pimento.

TO KEEP LETTUCE FRESH

As soon as purchased it should be cleaned and separated. If the center is hard, leave it whole; put into cold water and wash; drain in colander and shake dry, then put into a clean cotton flour bag or cheesecloth. If you have neither, put in paper bag and close top and place in a cold place. It is best to use the outside leaves first and where a whole head is used for one meal shred it in ¼-inch strips, using a sharp knife.

SHRIMP SALAD, FRESH TOMATOES

1 can shrimp. 2 cups shredded lettuce.
½ cup mayonnaise or salad dressing.
2 tomatoes. 1 pickle.

Put the shrimp into cold water 30 minutes; drain; remove the thin shell and break the shrimp into small pieces. Cut 2 tomatoes in half; remove center and put the shrimp in them. Place on shredded lettuce and cover with dressing. Dust top with paprika; garnish with thin slices of pickle.

CRAB SALAD

1 quart crab flake.
1 cup mayonnaise, well seasoned.
1 cup diced beets. ½ cup cut pickles.
2 tablespoons chopped green peppers.

Line shallow bowl with shredded lettuce; put the crab flake in center; cover with well-seasoned mayonnaise. Garnish with pickles cut in rounds and diced red beets and sprinkle with finely chopped green peppers.

CRAB IN TOMATOES OR PEPPERS

Cut a thin slice from stem end of tomato; remove center and all the seeds and fill with seasoned crab flake. Cover with mayonnaise, garnish with small sprigs of parsley or thin slice of pickle. Serve on lettuce leaf surrounded with shredded lettuce. This can be served in green peppers.

MAYONNAISE DRESSING

1 teaspoon dry mustard. 1 teaspoon sugar.
¼ teaspoon salt. Pinch of cayenne pepper.
1 tablespoon lemon juice or vinegar.
1 cup olive oil. 1 egg yolk.

Mix mustard, sugar, salt and pepper in bowl; add the yolk of egg; add 1 teaspoon of lemon juice and stir until smooth; then add the oil, drop by drop. When it is stiff add a little more lemon juice. Keep on adding the oil slowly, stirring constantly until the oil is used. Whenever it gets too stiff add a little more lemon. After the mayonnaise has formed the oil can be added a little faster.

Note: It is very important that everything, including the bowl in which it is mixed, should be very cold.

PIES

RHUBARB PIE

3 cups rhubarb. 1 cup sugar.
2 tablespoons flour. 1 tablespoon milk.
1½ cups flour. ¼ teaspoon salt.
3 tablespoons shortening.

Sift the flour and salt into bowl; add shortening and rub very lightly with the tips of fingers until well mixed; add a few drops of cold water at a time until you can shape it. Divide into 2 parts, roll out thin; dust pietin with flour and cover with dough, then sprinkle with 1 tablespoon of flour; put in the rhubarb, which has been washed and cut into ½-inch pieces; cover with the sugar and another tablespoon flour, brush edges with milk. Roll out the top crust, cover and press the edges together. Make 2 or 3 cross cuts on top (for the steam to come out); brush the top with milk and bake in moderate oven from 35 to 40 minutes. This makes a 7-inch pie.

Rhubarb pie is one of the most difficult to make, the rhubarb being so watery. Always be sure to put the flour under and over the rhubarb.

CHERRY PIE

1½ cups flour. ¼ teaspoon salt.
3 teaspoons shortening.
3 cups pitted cherries.
1 teaspoon milk.
1 cup sugar.

Sift flour and salt into bowl; add shortening and rub in very lightly; add just enough cold water to hold together. Divide and roll out thin; dust plate with flour, line with dough, sprinkle bottom of dough with 1 tablespoon flour (to keep from becoming soggy); add the cherries, then another tablespoon flour and then the sugar. Brush the edge of bottom crust with cold water, then put on top crust, press the edges firmly. Brush top with a little milk; make 2 or 3 airholes; bake 30 to 35 minutes. Be sure the bottom crust is well baked.

HUCKLEBERRY PIE

3 cups huckleberries. ½ cup sugar.
1½ cups flour. 3 tablespoons shortening.
½ teaspoon salt.

Sift the flour and salt into bowl, add the shortening and rub in very lightly; add just enough cold water to hold together. Roll out on floured board; line pietin; sprinkle crust with flour; put in the huckleberries, which have been picked over; sprinkle with the sugar and a little flour; wet edges with cold milk; cover with crust; make 2 or 3 cuts in the crust, brush with milk and bake in moderate oven 45 minutes.

PINEAPPLE MERINGUE

1 cup grated pineapple.
1½ cups water. ½ cup sugar.
1 teaspoon lemon juice.
2 tablespoons cornstarch.
A few grains of salt. 2 eggs.

Put the water on to boil; add the cornstarch, sugar, yolks of eggs, which have been mixed together. Boil for 5 minutes; add the grated pineapple and lemon. Set aside to cool.

Line pietin with crust and bake same as for lemon meringue pie; pour in pineapple mixture. Beat whites of eggs until dry and add 2 tablespoons granulated sugar; beat until mixed and spread over the pie. Rough top with fork and dust liberally with pulverized sugar. Put in oven to dry. The oven must not be very hot. If it is, the meringue will dry on top and get watery on the bottom.

BLACKBERRY PIE

What can be done so the berry pie will not be too juicy? Put the berries in colander or strainer, pour cold water over; when well drained, sprinkle liberally with flour; put in the crust. Mix ¼ cup of sugar with 1 tablespoon of flour and sprinkle over the top of berries. Brush the edge of bottom crust with milk before putting on top crust, and press firmly. This will keep the juice from coming out.

Note: Red currant, gooseberry and raspberry pies are made the same as blackberry.

ELDERBERRY PIE

2 cups elderberries. ¾ cup sugar.
½ teaspoon cinnamon. ¼ teaspoon salt.
1 tablespoon cornstarch.

Wash and pick the elderberries, put in saucepan with 1 cup of water, bring to boil, add sugar, salt, cinnamon and boil 5 minutes, then add cornstarch, which has been mixed with a little cold water; boil 3 minutes. When cold, put in pie plate, which has been lined with good pie dough; cover and brush top with a little cold milk. Bake 30 minutes in hot oven.

COCOANUT PIE

1 can fresh grated cocoanut. ½ cup sugar.
Pinch of salt. 1 cup milk. 2 eggs.

Beat eggs, milk, sugar and salt together; add can of cocoanut; pour into pietin that has been lined with pie crust. Bake in moderate oven on bottom rack 30 to 35 minutes, or until set. Try with silver knife; if knife comes out dry, the pie is done; if the custard and cocoanut separate, it has baked too long. This fills a 7-inch pie of regular depth. The crust is made as told before.

LEMON CUSTARD PIE

3 tablespoons lemon juice.
½ teaspoon grated lemon rind.
1-3 cup of sugar. 2 eggs.
Pinch salt. 2 cups milk.

Line deep pietin with good pie crust; pour in the mixture and bake until custard is set. If baked too much, it curdles, and the eggs separate. Always try a custard pie or pudding with a silver knife; if the knife is dry after testing, the custard is done. The custard is made by beating the eggs, sugar, salt, milk; then add the lemon juice and rind.

TO KEEP IN PIE JUICE

When baking rhubarb and cherry pie, it is important to sprinkle the lower crust with flour before putting in the fruit. It is also necessary to wet the edge of crust with cold water before putting on the top crust, so the juice does not come out. Do not forget to make 2 or 3 incisions in top to let the steam escape. If these suggestions are followed, there will be no need for cleaning the bottom of the oven after the pie is baked, as no juice will escape.

LEMON MERINGUE PIE

1 tablespoon lemon juice.
1 teaspoon grated lemon rind.
1 cup sugar. Pinch salt.
2 cups water. 2 eggs.
1 tablespoon butter.
2 rounded tablespoons cornstarch.

Put water on to boil; mix cornstarch with cold water; add sugar, salt, lemon juice and rind and the yolks of 2 eggs; beat all well together and add slowly to the boiling water; boil 3 minutes. Pour into well-baked crust at once.

When cooled, beat the whites of eggs until dry with 2 tablespoons sugar; spread on lemon, rough with fork; dust liberally with pulverized sugar; place in cool oven until dry and light brown.

FROZEN DESSERTS

STRAWBERRY ICE CREAM

1 quart cream. 1 quart berries.
2 cups sugar. 1 cup milk. Ice and salt.

Wash the berries, hull and mash very fine and put thru fine strainer; add sugar, milk and cream; put into freezer; pack with ice and salt and churn 10 minutes. Remove the dasher; pack with ice and salt and set aside. The finer you break the ice, the quicker it will freeze.

Note: Boil milk and sugar 2 minutes and cool before adding to berries and cream.

STRAWBERRY WATER ICE

4 cups strawberries.
4 cups water. 2 cups sugar.
1 teaspoon lemon juice. Ice and salt.

Put the sugar and water on to boil and boil 5 minutes; set aside to get cold. Mash the berries and strain thru fine strainer; add the sugar, water and lemon and put into freezer; close and put the ice and salt around the can, alternately, the same as for ice cream.

Let it stand 5 minutes, then turn 10 minutes; remove the dasher and pack the same as ice cream, with ice and salt.

FROZEN CHERRIES

2 cups cherries. 2 cups water.
1 cup sugar. 2 teaspoons lemon juice.

Put the water and sugar on and boil 5 minutes; set aside to cool. Mash the cherries thru coarse strainer and add to the sugar; add lemon juice, and if not sweet enough, add sugar to taste. Pour into freezer, pack with ice and salt; churn 8 to 10 minutes; do not freeze hard; cover with burlap until ready to use. Serve in ice cream glasses or sherbet cups.

RHUBARB SHERBET

2 quarts cut rhubarb. 1 quart water.
1½ cups sugar.
1 teaspoon grated lemon rind or ½ teaspoon powdered cinnamon.

Put the rhubarb on with cold water and bring to a boil. Boil until tender. Mash and add sugar and flavoring. Pour thru fine strainer; put into freezer 10 to 12 minutes. Do not freeze hard. The pulp is used for tarts or pudding. If pink rhubarb is used and not skinned, the sherbet will be a beautiful color.

FROZEN PINEAPPLE CUSTARD

2 cups grated pineapple. 1 quart rich milk.
2 cups sugar. ¼ teaspoon salt.
2 tablespoons cornstarch. 2 eggs.

Put the milk on in top of double bolier; when boiling add the cornstarch, which has been wet with a little cold milk. Beat the eggs and sugar together; add to the cornstarch; remove from fire at once. When cold, put into freezer; add ice and salt; turn 5 minutes, then add the pineapple, which has been mashed thru a wire strainer. Turn until stiff.

RASPBERRY AND CURRANT ICE

2 cups red raspberries.
1 quart ripe red currants.
2 cups sugar. 4 cups water.

Wash the currants; put in saucepan with 2 cups of water; boil 5 minutes; mash thru strainer. Put the raspberries on with 1 cup of water; bring to a boil; mash thru strainer, then add the currant juice, sugar and water. Boil 2 minutes. When cold pour in iced freezer. Freeze same as sherbet.

The currants and raspberries can be prepared early in the day and frozen 30 minutes before serving time.

RASPBERRY FRAPPE

2 cups raspberries. ¾ cup sugar.
2 cups water. 1 tablespoon lemon juice.

Put the sugar and water on and boil 5 minutes; set aside to cool. Mash and strain the raspberries, add to the sugar and water, add the lemon juice; pour into freezer, pack with ice and salt and churn 5 minutes.

PUDDINGS

CHERRY CUP CUSTARD

2 cups rice stock. 1 cup pitted cherries.
½ cup sugar. 2 eggs.
Pinch of salt. 1 teaspoon butter.

Beat the eggs, sugar and salt until well mixed; add the rice stock and cherries. Brush six custard cups with butter; pour in the mixture; set in pan of warm water and bake 20 to 25 minutes in a moderate oven same as custard. Try by putting silver knife in center. If knife comes out dry, the custard is done. If not, it must bake until firm, but not separate. There is less danger of separating when made with the rice stock.

HELPFUL HINT

To try custards of any kind as to when they are cooked, put a silver knife in center; if it is dry when it comes out, it is done. Care should be taken not to overbake.

CHERRY TAPIOCA

4 tablespoons granulated tapioca.
4 tablespoons sugar.
2 cups stewed cherries. 2 cups water.
Pinch salt. 1 cup whipped cream.

Add the tapioca to the boiling water; boil until clear; add the cherries, sugar and salt. Pour into ice cream glasses; when cold put a spoonful of marshmallow whip on top; garnish with an uncooked, stoned cherry.

CHERRY BETTY

2 cups pitted pie cherries. 1 cup sugar.
2 cups coarse breadcrumbs.
1 tablespoon butter.
2 tablespoons cold water.

Brush small pudding pan with butter, put in ½ cup breadcrumbs, then ½ cup of cherries and ¼ cup of sugar; then the breadcrumbs, cherries and sugar, making 3 layers of cherries and sugar and 4 layers of breadcrumbs; dot with a little butter and pour over the cold water; cover and place in moderate oven 20 minutes longer. Serve with cherry sauce made as follows:

Sauce

Put 1 cup water on to boil, add ½ cup chopped and pitted cherries and 2 tablespoons sugar; mix 2 teaspoons cornstarch with a little cold water and add; boil 3 minutes.

CORNSTARCH WITH CHERRY

3 cups milk. 4 tablespoons sugar.
3 tablespoons cornstarch.
¼ teaspoon salt. 1 teaspoon butter.
1 cup cherries.

Put the milk on in top of double boiler; when it comes to a boil, add the cornstarch, which has been mixed with a little cold milk; boil 3 minutes; add the sugar, salt and any flavoring you like. Brush 4 cups with butter, pour in the cornstarch mixture; set aside to cool. When cold, turn out into saucedish and pour the cherry sauce around. Sauce made as told in former recipe

CHERRY AND RICE DUMPLINGS

¾ cup rice. 1 cup pitted pie cherries.
½ cup sugar. Pinch of salt.
1 teaspoon cornstarch.

Wash and boil rice as usual, but do not blanch. Have four 9-inch pieces of cheesecloth, dip in hot water, spread on saucer and put a quarter of the rice on each piece of the cheesecloth; spread evenly; put 1 tablespoon of pitted cherries and 2 teaspoons sugar in center; bring rice up and over the cherries and tie firmly. Put the 4 dumplings in a saucepan of boiling water and boil 20 minutes. Serve with sauce made as follows:

Chop the remainder of cherries small, put in saucepan with 1 cup of water and sugar to taste, boil 10 minutes; mix cornstarch with a little cold water, add to cherries and boil 3 minutes; set aside in cold place. When ready to serve, remove the cheesecloth, put dumplings in saucedishes and cover with sauce.

BAKED CHERRY PUDDING

1½ cups flour.
1½ teaspoons baking powder.
¼ teaspoon salt. 1 egg. 1 cup milk.
2 tablespoons melted butter or substitute.
1 cup pitted cherries. ¼ cup sugar.

Sift flour, salt and baking powder into bowl; add the milk, well-beaten egg, melted butter; mix well and add the cherries and sugar. Butter a small turk's head or pudding dish in which you put a custard cup in center; pour in the mixture and bake in a moderate oven 45 minutes. Serve with cherry sauce, using ½ cup pitted cherries, chopped fine, to which you add 4 tablespoons sugar and boil 10 minutes. Serve pudding hot with cold cherries.

CHERRY ROLY POLY

1 pound pie cherries. 1 cup sugar.
1 cup flour. 1 teaspoon baking powder.
½ teaspoon salt. 1 tablespoon shortening.

Sift the flour, baking powder and salt into bowl; add the shortening and rub in very lightly. Add just enough cold milk to hold together. Roll out on floured board ¼ inch thick, cover with the cherries, which have been pitted, and sprinkle with the sugar and roll the same as for jelly roll. Put into bakedish that has been brushed with butter; brush top with milk; cover and bake 25 minutes. Uncover and bake 10 minutes or until browned nicely. Sprinkle roll with 1 tablespoon sugar and 1 teaspoon butter.

MOLDED RICE WITH CHERRIES

1 cup rice. 1 cup pitted cherries.
1 cup sugar. 1 teaspoon salt.
1 teaspoon butter.

Boil the rice in 4 quarts of boiling water 25 minutes; drain and dust with the salt (do not blanch the rice for mold); brush melon mold with butter (if you do not have melon mold use round bowl); put in the rice while hot; pack firm and set aside until cold. Remove the mold of rice and take out the center, being careful to leave at least 1½-inch thickness around the outside; fill with pitted cherries, which have been sugared 30 minutes. In turning out mold be sure your plate or platter is large enough. Put the plate on top of the mold, turn the plate and mold over; gently remove the mold; it must be handled carefully. Garnish with a few cherries with the stems.

STRAWBERRY MOLD

2½ cups milk. ½ cup cornstarch.
¾ cup sugar. 1 teaspoon of vanilla.
1 cup strawberries.

Put 2 cups of milk on to boil. Mix the cornstarch and ½ cup of milk together; add the salt and ¼ cup sugar; mix well and bring to the boiling point and boil 10 minutes; add vanilla.

Rinse 4 custard cups with cold water, pour in the cornstarch and set in a cold place for 2 or 3 hours. Or you can prepare it in the morning for the evening meal. Turn out on saucedish.

Wash, hull and mash the strawberries with ½ cup of sugar and pour around the cornstarch. Put one large berry on top and serve.

STEAMED CHERRY PUDDING

1 cup flour. 1 teaspoon baking powder.
½ teaspoon salt. ¾ cup milk. 1 egg.
1 cup pitted pie cherries.
1 cup sugar. 1 teaspoon butter.

Sift the flour, salt and baking powder into bowl, add the milk and well-beaten egg; mix all well together, add the cherries and sugar and mix well. Brush small kettle, mold or two 1-pound baking-powder cans with butter; put in the pudding and steam 2½ hours. Serve with any sauce desired, or with chopped and sugared cherries.

HOW TO MAKE CARAMEL

Put one tablespoon of granulated sugar into small frypan, put over fire and burn until hard and black, remove from stove and add 1 cup of cold water, then return to stove and boil until entirely dissolved. Pour into a bottle for future use.

DANISH STRAWBERRY PUDDING

¼ cup crushed or pearl tapioca.
2 cups water. ½ cup sugar.
1½ cups crushed strawberries.
1 teaspoon lemon juice. 1 teaspoon salt.

Wash and soak the tapioca; put over fire with 2 cups boiling water; add the salt and boil until clear; add the lemon juice, the crushed and strained strawberries and sugar. Serve cold, either in a large bowl or in ice cream glasses; garnish with whipped cream or marshmallow whip.

RICE AND STRAWBERRIES

½ cup rice.
2 cups crushed strawberries.
Sugar to taste. ½ cup milk.
1 teaspoon butter. ½ teaspoon salt.
Dash grated nutmeg or few drops vanilla.

Wash and boil the rice 20 minutes; drain (do not blanch), put in top of double boiler, add the milk, ¼ cup sugar, nutmeg or vanilla and salt; boil slowly 20 minutes without a cover. The rice must absorb all the milk. Brush 4 custard cups with melted butter, fill with rice and set in refrigerator until cold. Turn on saucedish and cover with strawberries to which sugar has been added. Decorate with two or three green leaves.

HUCKLEBERRY PUDDING

1 cup flour. ¼ cup sugar.
½ cup milk. 1 egg.
2 tablespoons melted butter substitute or cooking oil.
1 teaspoon baking powder.
¼ teaspoon salt. 1 cup huckleberries.

Sift flour, sugar, salt and baking powder into bowl; add milk, well-beaten egg, butter substitute and berries. Mix well. Brush shallow earthen dish or deep pie plate with melted butter substitute. Pour in the mixture and bake in moderate oven 20 to 25 minutes. Serve warm with milk or fruit syrup.

RHUBARB FLUFF

1 quart rhubarb. 1 cup flour.
½ cup milk. 1 teaspoon baking powder.
¼ teaspoon salt. 2 cups sugar.

Wash, clean and cut in small pieces the rhubarb and put into saucepan, which has a close-fitting lid, with 1 cup of water; boil 10 minutes. Sprinkle with sugar and cover with dough. Put on the lid and boil 20 minutes without lifting the lid.

Dough

Sift the flour, salt and baking powder into bowl; add the milk and mix well. Take a teaspoon of dough into floured hands and roll into balls; put over the rhubarb and boil as directed.

GOOSEBERRY PUDDING

2 cups gooseberries.
2 cups diced stale bread.
2 cups sugar. 1 tablespoon butter.
Pinch of salt.

Remove the blossom and stem and cut the gooseberries in half. Brush bakedish with butter and put alternate layers of bread, berries and sugar; three of bread and two of berries and sugar. A little butter is put on top; cover and steam 1 hour; uncover, put in moderate oven for 1 hour. This can be served warm or cold.

CAKES AND COOKIES

EASTER COCOANUT LAYER CAKE

¾ cup butter. 1 cup sugar.
3 eggs. ¾ cup milk.
¼ teaspoon salt. ½ teaspoon mace.
2½ cups flour. 2 teaspoons baking powder.

Cream sugar and shortening together; add well-beaten yolks of eggs, salt, mace and milk alternately with flour, which has been sifted with baking powder. Beat whites of 2 eggs until light and mix in last. Bake in 3 layers in moderate oven 20 to 25 minutes. Put together with jelly or icing.

ICING—Boil 1 cup of granulated sugar and ½ cup of water until it spins a thread (do not stir the sugar while boiling). Beat the white of 1 egg until dry, then slowly add the sugar, beating constantly until thick and creamy. Spread over top and sprinkle with cocoanut.

HINTS FOR GOOD CAKE

For good cake it is important to have the shortening and sugar well creamed. Use a wooden cake bowl and wooden spoon for creaming. For most cakes the eggs should be separated. The whites are beaten on flat dish, such as platter or soup plate, with a wire whip. For some cakes the yolks are beaten until creamy, for other cakes the yolks can be added to shortening and sugar. The milk should always be added alternately with the flour. If made as told, there will never be a tough or rough cake. Flour should always be sifted before measuring.

HOT-WATER SPONGE CAKE

½ cup boiling water. 1 cup sugar.
1 cup flour. 2 eggs.
1 teaspoon baking powder. Pinch salt.
Flavoring to taste.

Beat the yolks of eggs and sugar together until light; add boiling water, flour and baking powder, salt and flavoring; then add the stiffly beaten whites of eggs. Bake in two tins, which are brushed with melted shortening and dusted with flour, in a moderate oven for 20 to 25 minutes. Put layers together with orange icing.

MARBLE CAKE

¾ cup of butter or shortening.
2 cups sugar. 1 cup milk.
3 eggs. 3 cups flour.
3 teaspoons baking powder.
1 teaspoon ground cinnamon. ¼ cup cocoa.

Cream the sugar and shortening together; add the well-beaten yolks of eggs and beat until very light; add the milk slowly to the mixture. Sift the flour and baking powder together and add half, then half the whites of eggs, which have been beaten until dry, also the remainder of flour and whites of eggs. Divide into two parts. To the one part you add the sifted cocoa and cinnamon; mix well. Brush pan with melted shortening and dust with flour and put in first a spoonful of the dark and then a spoonful of the light dough. As there is a difference in the flours, it may be necessary to add ½ cup of flour to the light mixture. Your mixture must be stiff before putting in pan. Bake in moderate oven 40 minutes. It can be iced if desired.

DIXIE GINGERBREAD

1 cup molasses. 1 cup brown sugar.
½ cup shortening. 2 eggs.
½ teaspoon salt. 1 teaspoon ginger.
1 teaspoon cinnamon. 1 cup milk.
3 cups flour. 4 level teaspoons baking powder.

Cream molasses, sugar and shortening together; add the well-beaten eggs, salt and spices. Sift the flour and baking powder together and add alternately with the milk. Pour into well-greased pan and bake in moderate oven 45 minutes.

EMERGENCY COOKIES

½ cup cocoa. 1 cup sugar.
½ cup boiling water. ½ teaspoon salt.
Bran crackers or butter thins.

Mix the sugar and boiling water in bowl, place in pan of boiling water; then add the cocoa and salt, stirring very hard; when smooth, remove from pan of water, stirring it 5 minutes. When cool (not cold), spread on crackers. It takes the place of cake and is easily made, wholesome and nutritious.

PINEAPPLE LAYER CAKE

½ cup shortening. 1 cup sugar.
2 eggs. 1-3 cup milk.
2 cups flour. 2 teaspoons baking powder.

Cream sugar and shortening together until creamy; add the well-beaten yolks of eggs and the milk slowly. Sift the flour and baking powder together; add half; then half of the stiffly beaten whites of eggs, the remainder of the flour and the remainder of the whites of eggs; mix well. Bake in two layer pans that have been brushed with melted shortening and flour, for 25 minutes. Put together with pineapple filling.

1 cup pineapple, put thru chopper.
1 cup pineapple syrup.
1 tablespoon cornstarch. Pinch salt.
1 egg. ½ cup granulated sugar.

Put the syrup on to boil. Mix cornstarch with a little cold water; sugar, salt and yolk of egg; add to boiling syrup, boil until thick; then add half the chopped pineapple. When cold, spread between cake. Beat the white of egg until dry, add 2 tablespoons granulated sugar, spread over top of cake; dust with pulverized sugar and put in oven to dry. Just before serving, garnish with small piece of pineapple.

RASPBERRY CAKE

2 cups red raspberries. 1 cup flour.
1 teaspoon baking powder. ½ teaspoon salt.
½ cup milk. 1 egg.
1 tablespoon melted butter substitute.
1-3 cup sugar.

Mix flour, salt, half the sugar, milk, egg and butter substitute, which has been melted. Beat until smooth; add baking powder; mix well and then add the raspberries. Pour into tube pan, sprinkle the remainder of sugar on top; put in moderate oven and bake 40 to 45 minutes. Serve warm with milk, cream or sweetened raspberry juice.

CHERRY TURNOVERS

2 cups flour. 2 teaspoons baking powder.
½ teaspoon salt. 2 tablespoons shortening.
1 cup milk. 1 cup pitted cherries.
¼ cup sugar.

Sift the flour, salt and baking powder into bowl; add the shortening and rub in very lightly with the tips of fingers; add enough cold milk to form into loaf; handle as little as possible. Roll out on floured bakeboard ½ inch thick; cut with biscuit cutter, and on each piece put 6 or 8 pitted cherries and 1 teaspoon sugar; brush the edges with cold milk, fold and press tightly together. Brush tops with milk and bake in moderate oven 25 to 30 minutes.

SUGARLESS DROP CAKES

1 cup syrup. 1-3 cup shortening.
½ teaspoon salt. 2 tablespoons milk.
½ cup seedless raisins.
1 well-beaten egg. 2 cups flour.
2 teaspoons baking powder.

Put the syrup and shortening over fire, and when shortening is melted remove. When cold add salt, spices, milk, well-beaten egg; sift flour and baking powder into mixture, then add the raisins, which have been sprinkled with a little flour. Pour into muffin tins that have been brushed with fat. Bake in hot oven 20 to 25 minutes.

DROP CAKES

¾ cup sugar. ¼ cup shortening.
1 egg. 2-3 cup milk.
2 cups flour. 2 teaspoons baking powder.
¼ teaspoon salt. ½ teaspoon vanilla.

Cream sugar and shortening and add well-beaten egg. Sift flour, baking powder and salt; add alternately with milk. Bake in iron gem pans in moderate oven about 10 minutes. This makes a rather stiff dough.

To make attractive you can put currants or some chopped nuts on top.

BRAN COOKIES

2 cups bran. 1 cup flour.
1 teaspoon baking powder.
¼ teaspoon soda. ½ teaspoon mace.
½ cup syrup. ¾ cup water.
1 teaspoon shortening.

Mix dry materials, add syrup and water. When thoroly mixed add melted shortening. Drop on to a buttered sheet rounding teaspoons of the mixture, 2 inches apart. With a wet knife flatten into a thin round cake. Bake in a moderate oven 30 minutes.

THICK CHOCOLATE COOKIES

1½ cups brown sugar.
¼ cup shortening. ¼ pound chocolate.
1 level teaspoon salt.
1 level teaspoon cinnamon.
½ cup milk. 2½ cups flour.
3 teaspoons baking powder.

Cream shortening and sugar together until light; add the chocolate, that has been melted over hot water; add salt and cinnamon, then the milk and flour, which has been sifted with the baking powder. Make a smooth dough; put on floured board and roll out ¼ inch thick. Cut with old-fashioned cookie cutter. Place on floured bakepan; place in hot oven 8 to 10 minutes.

SPICE CAKES

1 cup brown sugar. ½ cup shortening.
1 cup New Orleans molasses.
1 teaspoon baking soda.
¾ cup boiling water. 2 eggs.
Pinch salt. 1 teaspoon cinnamon.
½ teaspoon ginger. 3 cups flour.

Put the sugar, shortening and molasses into bowl, rub until smooth; then add the baking soda, dissolved in the boiling water, the well-beaten eggs and mix well; add the sifted flour, salt, cinnamon and ginger; mix thoroly. Line pan with paper, pour in the mixture and bake 20 to 25 minutes.

GINGER DROP CAKES

¼ cup shortening. ½ cup brown sugar.
½ cup molasses (New Orleans).
1-3 cup boiling water.
1 level teaspoon baking soda.
¾ teaspoon ginger. ¼ teaspoon cinnamon.
¼ teaspoon salt. 1½ cups flour.

Cream the sugar, shortening and molasses together until smooth, then add the baking soda, which has been dissolved in the boiling water; add the ginger, cinnamon and salt; mix well; add the sifted flour, stir until smooth. Brush muffin tins with a little melted shortening, put 1 spoonful of mixture into each and bake 20 minutes in a moderate oven.

FRUIT DESSERTS

PINEAPPLE IN NOVEL STYLE

Wash, scrub and cut the top off straight across; with a sharp knife remove the center, discarding the core; cut the fruit fine, mix with ½ cup of chopped nut meats and ½ cup of mayonnaise. Then fill into the hollowed pineapple and put the top back. Have a shallow bowl lined with lettuce and watercress and set the pineapple in center. This can be prepared in the morning and set on ice. Serve from pineapple.

PINEAPPLE FOR BREAKFAST

For breakfast it can be served chopped fine, or it can be washed, pared, the eyes removed and cut into eighths. Serve with a small dish of pulverized sugar and eat with the fingers. In serving this way, finger bowls must follow.

PINEAPPLE SYRUP

Chop the skin and the core of the pineapple and cover with 1 quart of cold water and let stand overnight. Next morning boil slowly 1 hour, strain and to each cup of pineapple add ½ cup of sugar and boil 10 minutes. Put in glass jar for future use.

PINEAPPLE COCKTAIL

1 medium-sized pineapple.
1 tablespoon lemon juice.
2 tablespoons sugar. 1 tablespoon red jelly.

Wash the pineapple and remove the top. Cut into quarters (do not peel). Remove the core and grate away the skin; add lemon and sugar; set in cold place until ready to serve. Put in cocktail glasses with cracked ice and on each place a little red jelly.

USES FOR GRATED PINEAPPLE

Grated or chopped pineapple served with cold cereal, sweetened to taste, makes a very pleasant change. Just plain sliced pineapple makes a good and easily prepared dessert or breakfast fruit.

Grated pineapple poured over vanilla ice cream makes a pleasant change, or served with plain or cocoa cornstarch. All are easily prepared.

GRATED PINEAPPLE APPETIZER

Wash the pineapple in cold water and scrub with a vegetable brush. Remove the top, cut the fruit in half the long way, then in half crosswise; remove the core and grate the pineapple from the skin. You can add sugar if desired. Usually it is sweet enough as an appetizer. Serve in cocktail glasses with half a candied cherry on top. It must be very cold.

PINEAPPLE HONEY

Pineapple honey can be made at any time of the year, as the canned pineapple is as good as the fresh for the honey. In the first place, it is much sweeter. Put thru a food chopper, strain the syrup from the pineapple and to each cup of syrup add 1 cup of sugar and 1 teaspoon of lemon juice. Boil until it spins a thread; add the chopped pineapple and bring to boil. Fill into glasses. This is exceptionally good with toast.

PINEAPPLE DAINTY

Left-over pieces of cake can be dried in oven or toasted a nice brown, then put into bowl and covered with 2 cups of grated sweetened pineapple. Serve cold. Cover with white of 1 egg whipped until dry with 1 tablespoon of sugar or a marshmallow whip.

PINEAPPLE TAPIOCA

2 cups pineapple water. ½ cup sugar.
2 tablespoons granulated tapioca.
Small pinch of salt.

Put the skins of pineapple into saucepan with 4 cups of cold water and boil until there are only 2 cups of water; then press all the juice out of the skins; strain thru piece of cheesecloth, return to fire; add the tapioca, sugar or syrup and salt; boil until clear. Garnish with red jelly.

STEWED BLACKBERRIES

1 quart blackberries. 1 cup water.
1 cup sugar. A few grains of salt.

Wash the berries, add sugar, water and salt and boil 10 minutes. If it is to be used at once, a little thickening will make it go further.

LEMON APPETIZER

1 cup lemon juice.
1 tablespoon grated lemon rind.
1 cup sugar. 1½ cups water.

Boil sugar and water together 10 minutes. Remove from fire and add the strained lemon juice and grated rind. When cold serve over shaved ice and garnish with candied cherries and very thin slices on edge of glass.

LEMON BUTTER

4 tablespoons lemon juice.
1 teaspoon grated lemon rind.
½ cup sugar, ½ cup flour.
1 cup water. 1 egg. 1 teaspoon butter.
A few grains of salt.

Put the water on to boil; mix flour with a little cold water until smooth, add sugar, salt and well-beaten egg; boil until stiff. Remove from fire and add lemon juice, rind and butter; beat until cold; spread on thin slices of bread.

CANDIED LEMON PEEL

Lemon peels can be saved for flavoring and decoration. Wash the peel, cover with cold water 12 hours, drain and cover with boiling water and 1 teaspoon salt to each quart of water; boil in an uncovered boiler until tender; drain and lay on strainer until dry, then cut into strips ¼ inch wide.

Boil 1 cup of sugar with ½ cup of water until it spins a thread; drop the lemon peel in the sugar, and with a fork lift out on to plate which has been dusted with confectioners' sugar; sprinkle peel with sugar, then let it dry. Put it away in a glass jar for future use. It can be served as a confection.

Note: The fresh-grated lemon peel can be dried and used for cakes, puddings and cookies.

SLICED BANANA DESSERT

6 bananas. 1 cup boiling water.
¼ cup sugar. 1 tablespoon cornstarch.
A few grains of salt. 1 tablespoon caramel.
2 tablespoons lemon juice.
1 teaspoon grated lemon rind.

Add sugar and cornstarch, which have been mixed with a little cold water, to the boiling water; boil 5 minutes; add caramel and lemon juice and rind. Pour over bananas which have been scraped and sliced. Set in cold place until ready to serve. How to make caramel: Put 4 teaspoons sugar into small frying pan and melt until a light brown.

BANANA PINEAPPLE TOAST

8 thin slices bran bread, crust removed.
4 ripe bananas. 2 cups grated pineapple.
4 tablespoons sugar.

Put the bread on an agate platter or plate evenly, then cover with sliced bananas. Dust with a little salt and sprinkle with 2 tablespoons of sugar. Put in hot oven until bananas are soft, remove, cover with the grated pineapple, to which 2 tablespoons of sugar have been added. Serve either warm or cold.

BANANA WHIP

3 ripe bananas. ½ pint whipping cream.
4 tablespoons powdered sugar.
1 tablespoon lemon juice.

Mash the bananas thru fine strainer, add the sugar and lemon juice. Whip the cream until it is stiff, add the bananas, mix lightly with a fork. Put in cold place until ready to serve. Garnish with red jelly and serve in large bowl or ice cream glasses.

EAT MORE FRUIT

Fruit not only has marked regulative value as a food, but it supplies a large share of the mineral salts which are needed to maintain "body-balance." Let the children eat plenty of fully ripe fresh fruits in season, and include a generous portion in the daily menus for grown-ups. In buying fresh fruits, be careful not to get too much at a time. Sometimes it is more economical to buy in smaller quantities, even tho the price advantage does not seem to be so tempting.

BANANA CUSTARD

3 ripe bananas. ½ cup milk.
¼ cup sugar. 1 tablespoon cornstarch.
1 egg. Pinch of salt.
A little grated lemon rind.

Bring the milk to a boil in top of double boiler; add the cornstarch, which has been mixed with a little cold milk, the yolk of egg, sugar and salt; boil 10 minutes; add lemon rind and fold in well-beaten white of egg. Slice bananas into pudding dish or ice cream glasses; pour the warm custard over bananas. This can be made in the early morning for the evening meal.

HUCKLEBERRY FLOAT

6 milk biscuits. 2 cups huckleberries.
½ cup sugar. 3 tablespoons cornstarch.
Pinch salt.

Put the berries on with 1½ cups of water and cook slowly 10 minutes; add sugar, salt and cornstarch which has been mixed with a little cold water until smooth. Break the biscuits in half and place in shallow bowl. Pour the berries around. Dust the tops of biscuits with sugar and serve cold.

Note: Milk biscuits are made, as usual, with 1 cup of flour, 1 teaspoon of baking powder and 1 tablespoon shortening.

HUCKLEBERRY TOAST

2 cups huckleberries.
6 small slices toasted bread.
3 tablespoons sugar. 1 tablespoon cornstarch.
½ teaspoon salt.

Wash the berries. add ½ cup boiling water and boil slowly 15 minutes; mash with back of spoon; add sugar and salt. Mix cornstarch with a little cold water and add to berries; boil 3 minutes. Lay toast on platter and pour the berries over.

SAUCES, SYRUPS AND JAMS

CREAM OR WHITE SAUCE

Cream or white sauce, if flavored with a little garlic, scraped onion, grated nutmeg, mace, finely chopped green pepper or pimento, adds very much to the food, as does the finely chopped parsley to looks and flavor.

HORSERADISH CREAM DRESSING

Beat ½ cup heavy cream until it begins to thicken, then add 3 tablespoons vinegar, very gradually, while continuing the beating. When mixture is stiff, season with ¼ teaspoon salt and a few grains of pepper and fold in 2 tablespoons grated horseradish root.

BROWN SUGAR SAUCE

Good on boiled rice or other cold boiled cereals.
1½ cups brown sugar. 1 cup water.
1 egg. Pinch of salt.
1 teaspoon grated lemon or orange rind.
Mix the sugar and water until the sugar is dissolved, put on fire and boil until it is quite thick; remove from fire and pour slowly over the egg, which has been beaten until light; add salt and lemon rind, put on stove over hot water for a few minutes just to bring to the boiling point; it must not separate. This is exceptionally good on cold boiled rice or other cereals.

FOAMY SAUCE

White of 1 egg. ½ cup of sugar.
½ cup hot milk.
Juice of ½ lemon and 1 teaspoon vanilla.
Beat the egg until light, but not dry; add sugar, beat well and add the milk, lemon juice and vanilla, beating constantly. Serve over pudding.

SAUCE TARTARE

1 cup mayonnaise.
1 tablespoon each of finely chopped capers or olives and sour gherkins.
1 teaspoon onion juice or finely cut chives.
Be sure the mayonnaise is seasoned highly. Just before serving time add the other ingredients; mix and serve in sauceboat.

HOMEMADE COTTAGE CHEESE

When the milk is sour and thick put in shallow pan. Set in warm place; either on back of stove, warming shelf or in oven, leaving the door open. Let stand until it separates. Put in cheesecloth bag. Be sure the bag has been wrung out of cold water. First let it drain all night, then add a little salt and pepper.

HOLLANDAISE SAUCE

2 tablespoons butter or substitute.
1 tablespoon flour. 2 eggs.
½ teaspoon salt. ⅛ teaspoon pepper.
2 tablespoons tarragon vinegar or lemon juice.
1 tablespoon chopped onion.
1 cup boiling water.

Put the onion in the vinegar; bring to the boiling point and cool. Rub butter or butter substitute and flour together; add gradually the water; stir until boiling and add the strained vinegar. Take from the fire, stir in gradually the beaten yolks of eggs. Heat very gently just a moment, add the salt, pepper and strain.

PARSLEY BUTTER

Melt 3 tablespoons butter and mix with 3 tablespoons of finely chopped parsley. Pour this over new potatoes, which have been boiled and seasoned as usual.

CARAMEL FOR DESSERTS

Put 1 cup of granulated sugar into saucepan over slow fire. Melt and brown slightly or brown to taste. This is added to the boiling milk, dissolved and added to the other ingredients. For cup custards, some of the melted sugar is poured into the cups and spread around the sides and bottom; then the cold sweetened custard is added and baked. This is very attractive and the caramel flavor is delicious.

RASPBERRY SYRUP

1 quart red raspberries. 2 cups sugar.
1 cup water.

Put water and sugar in porcelain-lined kettle and boil slowly 30 minutes; add berries, which have been mashed and strained thru fine wire strainer. Return to fire; bring to boiling point and skim. Fill into well-sterilized bottles; cork at once. When cold, dip tops in paraffin. Set in dark place. The corks must be new.

BLACKBERRY SYRUP

1 quart blackberries. 1 quart of water.
1 cup sugar.
1 tablespoon lime or lemon juice.
2 tablespoons orange juice. Pinch of salt.

Rinse the blackberries in cold water; put in saucepan with cold water; bring to a boil and boil quickly; mash thru wire strainer; add salt and sugar; stir until dissolved. When cold add orange, lime or lemon juice and serve cold or with chopped ice and slice of orange.

TO PREPARE BERRY JUICE

1 quart blackberries or berries of choice.
1 cup sugar. 1 tablespoon lemon juice.
3 tablespoons orange juice.

Put the blackberries in saucepan with 1 quart of cold water; bring to boil slowly and boil 10 minutes; add sugar and a few grains of salt; mash thru wire strainer. When cold, add lemon and orange juices. Serve cold. This makes a very refreshing drink.

Red raspberries and currants made the same way and sweetened to taste make a very good and refreshing drink.

Berry juice can be frozen the same as ice cream. To each quart of juice prepared as told for berry juice 2 cups of water are added and more sugar. When freezing juice it takes more sugar.

LEMONADE

1 cup (half pint) lemon juice.
2 cups sugar, or sweetening to taste.
1 lemon cut in very thin slices.
1 orange cut in very thin slices.
4 quarts water.

Boil sugar with 1 quart of water, set aside to cool; add strained lemon juice and the rest of the water, the slices of lemon and orange over top.

There is a difference in lemons; some are more acid than others. Lemons must be washed, dried and rolled before rimming or squeezing. Put the skins in 2 quarts of cold water half hour, drain and strain the water for the lemonade.

A slice of lemon served with a cup of tea adds very much. The lemon should be scrubbed with a vegetable brush, rinsed and dried; then cut in thin slices and served on an oblong dish, each slice overlapping the other.

CHERRY MARMALADE

4 pounds sour cherries after pitting.
3 pounds granulated sugar.

Wash, dry, stem and pit the cherries; then put thru food chopper (large knife), saving all the juice, put into preserving kettle, add the juice and sugar and boil slowly until thick. Be sure to remove all the scum while cooking. Some cherries have more juice than others, especially if picked immediately after a rain. In that case it takes longer to cook them.

This makes a most delicious marmalade and can be filled into large-mouthed bottles or tumblers of any shape; cover with paraffin or parowax.

CHERRY JAM

4 pounds cherries. 4 cups sugar.

Pit cherries and put thru food chopper. Be sure to save all the juice; put into preserving kettle with the sugar, boil slowly until thick. A good spread for bread.

SPICED GOOSEBERRIES

3 quarts green gooseberries.
6 cups brown sugar. 2 cups vinegar.
6-inch piece of stick cinnamon.
3 tablespoons whole cloves. Small piece of mace.

Remove stems and blossoms of gooseberries; put into porcelain-lined kettle with sugar, vinegar and spices, which have been tied in a piece of cheesecloth or mosquito netting. Bring to boiling point slowly and boil 1½ hours, skimming carefully.

While hot, pack in wide-mouthed bottles that have been sterilized; cork or cover with parowax and tie or paste paper over top. This makes a delicious accompaniment to cold meat. Cherries or currants can be done in the same way.

ICED BLACKBERRY JUICE

1 quart blackberries. 1 cup sugar.
1 cup water. 1 tablespoon lemon juice.
½ teaspoon salt.

Wash the berries, put in saucepan, add sugar, water and salt; boil slowly 15 minutes; mash before straining thru wire strainer, then add lemon juice; put in glass jar; place in refrigerator. Serve in small glasses. This is very refreshing with finely cracked ice.

CURRANT JELLY

The currants should not be overripe, and are best if picked after a dry spell. Put into wire basket or strainer and plunge into cold water; set them to drain, then put into porcelain-lined kettle, without picking from stems; then mash with wooden potato masher; boil 15 minutes and mash thru strainer; put the juice into bag and drip overnight. Next morning measure juice, put on fire to boil, and to each cup of juice add 1 cup of sugar that has been warmed in oven, being careful that it does not get too hot. After adding the sugar boil 8 to 10 minutes; skim carefully; pour into glasses that have been dipped into boiling water. Set the glasses away 24 hours; then cover with paper or parowax.

EGG LEMONADE

1 egg.
1 lemon or 2 tablespoons lemon juice.
2 tablespoons sugar. ¾ cup water.
¼ cup shaved or cracked ice.
Break the egg into large tumbler; add the lemon juice and sugar; add the ice; shake well and strain.

HOME BREADS

PLAIN WHITE BREAD

3 cups scalded milk or half milk and half water.
1 yeast cake mixed with ¼ cup lukewarm water.
1 tablespoon shortening. 2 teaspoons salt.
1 teaspoon sugar. 6 to 7 cups flour.

Add the salt and butter to hot milk; set aside until lukewarm; disolve the yeast cake in ¼ cup of lukewarm water and add the sugar to the yeast; pour the liquid into bowl; then sift in the flour, beating with eggbeater until stiff. Turn out on floured board and knead until smooth. Brush bowl with a little melted fat, then put in the dough, cover and set in warm place to rise till double the quantity, then mold and put in 3 greased pans.

RAISIN BREAD

Raisin bread is made the same as the foregoing. Add 2 cups of seeded raisins that have been washed and dried. The raisins are added to dough after half the flour is put into the liquid.

WHOLE WHEAT BREAD

1½ cups scalded milk.
1½ cups lukewarm water.
1 yeast cake. 3 tablespoons sugar.
3 tablespoons shortening.
1½ teaspoons salt.
7 cups flour (whole wheat).

Dissolve the yeast in a little lukewarm water; add sugar to the yeast. Dissolve shortening in warm milk and add the salt. Add the liquid slowly to the flour, the yeast last and enough flour to make a soft dough. Put in bowl, cover and set in warm place to rise to double its bulk; then knead and mold into loaves. Brush pan with lard or butter; put in loaves; cover and set to rise a second time. It should double in quantity. Bake slowly 1 hour.

THREE-LEAF CLOVER ROLLS

2½ cups flour. 1 cup scalded milk.
1 tablespoon sugar. 1 level teaspoon salt.
2 tablespons shortening.
½ yeast cake.

Add the salt and butter to the hot milk, set aside; when lukewarm dissolve the yeast cake in ¼ cup of lukewarm water and add the sugar to the yeast; pour the liquid into bowl; then sift in the flour, beating with eggbeater until stiff. Turn out on floured board and knead until smooth. Brush bowl with a little melted fat, then put in the dough, cover and set in warm place to rise. When it has risen to double the quantity, cut the dough into small pieces, then roll the size of a hazelnut, put them into shallow, well-greased muffin tins and set to rise double their size. Brush top with milk and put in rather hot oven; bake 20 to 25 minutes.

Note: If you do not have the muffin pans, place the 3 balls close together on a bake sheet, leaving quite a little space between each cluster of 3 for rising.

SOUTHERN RICE MUFFINS

2 cups flour.
4 level teaspoons baking powder.
2 tablespoons butter. 2 eggs.
1 cup cold boiled rice. 1 teaspoon salt.
1½ cups milk.

Sift flour, baking powder and salt into bowl; add milk, butter and eggs. Mix well. When smooth add cup of cold boiled rice. Put in muffin tins and bake 20 minutes in hot oven.

ACCURATE MEASUREMENTS NECESSARY

It is very important to have accurate measurements in all cooking. Use the ½-pint cup. There should be 2 cups, one for dry and one for liquid measurements. Two level spoons make 1 rounded spoonful.

HUCKLEBERRY MUFFINS

2 cups flour.
2 teaspoons baking powder. 1 cup milk.
1 egg. 1 level teaspoon salt.
2 tablespoons sugar.
3 tablespoons melted butter substitute or cooking oil.
2 cups huckleberries.

Sift flour, baking powder, salt and sugar into bowl; add milk, well-beaten egg, butter substitute and huckleberries; mix well. Brush muffin tins with melted butter substitute or oil, put in mixture and bake in moderate oven 25 to 30 minutes.

CREAM MUFFINS

2 cups flour. 1½ cups milk.
1 egg. 2 tablespoons melted shortening.
2 rounded teaspoons baking powder.
1 level teaspoon salt.

Sift flour and salt into bowl; add milk, egg and fat; beat until well mixed; then add baking powder. Mix well, fill into well-greased muffin irons or tins. Bake 20 to 25 minutes. This makes 12 delicious muffins. One tablespoon of sugar can be added when one likes sweet muffins.

BISCUITS WITH JELLY

2 cups flour.
2 teaspoons baking powder.
1 tablespoon shortening. ½ cup milk.
½ teaspoon salt.

Make dough the same as in foregoing recipe; roll or flatten out with hands on floured board, 1 inch thick; cut with biscuit cutter. Place on bakepan; brush top with milk and bake 12 to 15 minutes.

BISCUIT DOUGH COFFEE CAKE

2 cups flour.
2 tablespoons shortening.
½ teaspoon salt. ½ to ¾ cup milk.
½ cup brown sugar.
1 teaspoon butter or substitute.
½ teaspoon cinnamon.

Sift flour, baking powder and salt into bowl; add shortening and rub in very lightly, then add milk and mix lightly. Dust board with flour and roll ½ inch thick; put on pietin and brush with melted butter or substitute. Mix sugar and cinnamon together and sprinkle over top. Bake 15 to 20 minutes. This is best when warm.

BISCUIT DOUGH SUGAR ENVELOPES

Make a dough the same as in foregoing recipe. Roll out ½ inch thick, cut into 4-inch squares, brush with a little butter and put 1 teaspoon of brown sugar on each piece; fold over the flap to resemble an envelope; press so it will hold together; brush the tops with milk in which you have dissolved a little brown sugar. Bake 30 minutes in a moderate oven.

BROWN SUGAR ROLLS

1 cup brown sugar.
2 cups flour.
2 teaspoons baking powder.
½ teaspoon salt. 1 tablespoon shortening.
½ cup milk. 1 tablespoon butter.

Make the dough as in foregoing recipe; roll out ¼ inch thick (the amount of milk depends on the kind of flour you use). Have the butter soft and spread over the dough; roll same as jelly roll; cut into 2-inch pieces, place on pan that has been brushed with a little lard, cut side down. Bake in moderate oven 30 minutes; remove from pan at once.

PEANUT BUTTER PIN WHEELS

Either the sweet dough or bread dough can be used for these. They are delicious for children's lunch. When baking bread it is very easy to take some of the dough when it is ready to form into loaves and roll out ½ inch thick. Then put the peanut butter on in small dabs all over the dough. Roll same as jelly roll, cut into ½-inch pieces; put in well-greased shallow pan, cover with damp cloth. When raised to double the size put in hot oven 12 to 15 minutes. Remove from oven and brush top with a little milk. Return to oven a few minutes. This makes a delicious luncheon roll.

SOUTHERN POTATO BISCUIT

3 cups flour.
3 teaspoons baking powder.
1 teaspoon salt. 1 cup hot mashed potatoes.
3 tablespoons butter or other shortening.
½ cup milk. 1 egg.

Mash the potatoes thru strainer, add salt, milk and butter or shortening, and well-beaten egg. Beat until smooth, then sift in flour and baking powder. Turn out on floured board, cut with small biscuit cutter; put into hot oven; bake 20 minutes.

SALLY LUNN

1 cup flour.
2 teaspoons baking powder. ½ teaspoon salt.
1 tablespoon melted butter substitute.
1 tablespoon sugar. 1 cup milk.
1 egg.

Sift the flour, baking powder, salt and sugar into a bowl; add the milk, well-beaten egg and butter; mix well. Brush square pan or large pietin with butter substitute; pour in the mixture and bake 20 minutes in a moderate oven.

Heat knife before cutting the Sally Lunn; all hot bread must be cut with hot knife.

SOUTHERN BATTER BREAD

1 cup cornmeal.
2 cups milk. 1 cup water.
2 eggs. 1 teaspoon salt.
1 tablespoon melted lard or butter.
2 teaspoons baking powder.

Put the milk and water on in double boiler; when boiling add the cornmeal and salt, stirring slowly until it thickens, and boil 25 minutes. Separate the eggs; beat the yolks until well mixed and add to the mush; beat vigorously 3 minutes, then add baking powder. Beat the whites of eggs until light and fold in lightly. Brush earthen dish with lard or butter and pour in mixture. Put in moderate oven and bake 35 or 40 minutes. Serve at once in dish in which it has been baked.

BEVERAGES

HOW TO MAKE GOOD COFFEE

Many inquiries come from members of The North American Cooking Club, asking how to make a cup of good, strong coffee.

First, there must be good coffee, whether made in percolator or in the ordinary coffee pot. One rounded tablespoon of ground coffee (always use finely ground coffee for the percolator, also for coffee made in an agate pot) to each cup of cold water. Be sure the coffee pot is washed and thoroly dried each time it is used. When making coffee in an agate pot, put the coffee in and pour the water over and bring slowly to a boil; boil 2 minutes. Add 1 tablespoon crushed egg shells or a little cold water to settle it. Do not boil over 2 minutes, but let it come to a boil slowly.

DRIP COFFEE

6 heaping teaspoons finely ground coffee.
5 cups fresh boiling water.

Rinse drip pot with hot water. Place the finely ground or pulverized coffee in the drip bag, pour the freshly boiled water on coffee in the drip bag, and after it has dripped thru remove bag from pot and coffee is ready to serve. When making less than 4 cups, pour coffee thru drip bag a second time.

FRENCH COFFEE

1½ cups ground coffee.
6 cups freshly boiled water.

Put coffee in a flannel bag, tie top and put in an old-fashioned coffee pot; pour on the boiling water, boil 10 minutes; serve in another coffee pot. One egg shell may be broken and mixed with coffee before placing in bag.

AFTER-DINNER COFFEE

3 rounding tablespoons ground coffee.
1 pint water.

Use drip pot. Put the coffee in the muslin bag and pour over this water which has just reached the boiling point. After the water filters thru into the lower receptacle draw it off and pour thru a second time. Serve in after-dinner coffee cups without cream.

CAFE AU LAIT

½ cup pulverized coffee.
1 pt. water.
1½ cups hot milk.

Put coffee into a filter, or drip coffee pot, add boiling water and filter 3 times. In pouring, add 1½ cups of hot milk. Serve very hot.

A GOOD DRINK FOR CHILDREN

Put half cup of sugar into pan and brown slightly; add 2 cups of hot milk and boil until the sugar has been dissolved, then add brown sugar to taste.

HOW TO MAKE GOOD COCOA

Mix 1 round teaspoon cocoa with 1½ teaspoons sugar (or sugar to taste) in ½ cup cold water; boil 3 minutes; add ½ cup hot milk. Or make with 1 cup water and dress with cream—the same as coffee. Cocoa is best if boiled with water and sugar, and can be made on a small alcohol lamp at table.

SEASONABLE DESSERTS

RASPBERRY GELATIN

2 cups raspberries. 2 cups water.
1 tablespoon lemon juice.
1 tablespoon gelatin. ¼ cup honey.

Wash the berries; mash with the honey; add 1 cup of water and the lemon juice. Soak gelatin in a quarter cup of water 10 minutes; dissolve ¾ cup of boiling water. Mash berries thru strainer and add to the gelatin; pour in bowl which has been rinsed with cold water.

RASPBERRY-BANANA DESSERT

1 cup raspberries. 4 bananas.
½ cup sugar. 1 teaspoon lemon juice.
½ cup cold water.

Pick and wash the raspberries, add sugar and set in a cold place 30 minutes; then mash and strain thru fine strainer, adding the water slowly. It is best to use a spoon to mash the berries. Skin and slice the bananas and cover with the raspberry juice, adding lemon. Serve in bowl or glasses.

STRAWBERRY BAVARIAN CREAM

2 cups very ripe strawberries. 1 cup sugar.
1 tablespoon granulated gelatin.
1 cup cream. 2 tablespoons cold water.

Wash, hull and mash the berries. Add sugar and stir until dissolved; strain thru a wire strainer that will keep back the seeds.

Soak the gelatin in cold water and set over boiling water until dissolved. Add this to the strained strawberries and sugar. When cold, place in a pan of cold water and beat until it becomes thick; then fold in the cream which has been whipped until stiff.

Rinse the mold in cold water and pour in the mixture; pack in ice and salt. It should stand 3 to 4 hours before serving, then wet a tea towel in hot water and fold around the mold, turn on a shallow plate and garnish with whipped cream and whole strawberries.

LEMON CRUMB PUDDING

2 cups dry breadcrumbs. 2 cups hot milk.
¾ cup sugar. 3 tablespoons lemon juice.
1 teaspoon grated lemon rind.
1 egg. Pinch of salt. 1 teaspoon butter.

Put the crumbs in a bowl; pour over the hot milk; add the salt, a well-beaten egg, the grated rind and juice of lemon; mix well. Brush bakedish with a little butter; put in mixture and bake 40 minutes in a slow oven. Serve plain with a hot lemon sauce.

LEMON CRUMB PATTIES

1 teaspoon grated lemon rind.
2 cups dry breadcrumbs.
2 cups boiling milk. ½ cup sugar.
½ teaspoon salt. 2 eggs. 1 teaspoon butter.

Pour the boiling milk over the breadcrumbs. When cold, add lemon rind, sugar, salt and well-beaten eggs. Brush 6 custard cups with butter, put in the mixture, place in moderate oven and bake 30 minutes, or until firm. Remove from cups, put in saucedishes and cover with lemon sauce made as follows:

2 tablespoons lemon juice.
½ teaspoon grated lemon rind.
4 tablespoons sugar. 2 teaspoons cornstarch.
1 cup water. Pinch salt.
1 teaspoon caramel.

Put the water on to boil; mix cornstarch and sugar with a little cold water; add and boil 3 minutes; add lemon and caramel. This dessert is best warm.

USE LEMON AND ORANGE RIND

Be sure to use lemon and orange rind for flavoring. Grate the rind and spread thin on china plate and put in slightly heated oven, stirring several times. When well dried, put into glass bottle or small glass container. Keep in a dry place.

RICE MOLD WITH BERRY SAUCE

3 cups cold boiled rice. 1 cup berry juice.
2 teaspoons cornstarch. 1 tablespoon sugar.

Press the rice into mold, then turn out on a deep plate and pour the berry sauce around. Put 1 cup of the berry juice into saucepan over fire, bring to a boil and add the cornstarch that has been mixed with a little cold water; boil 3 minutes; add sugar and a few grains of salt. You know, when stewing berries, there is always a goodly amount of juice, and this is a profitable way to use it.

BLACKBERRY CRACKER PUDDING

1 cup crushed crackers.
2 cups stewed blackberries.
4 marshmallows.

Put 2 tablespoons of crackers in ice cream glasses or sauce-dish. Cover with 4 tablespoons of stewed berries and marshmallow on top. The marshmallow takes the place of sugar and whipped cream and is much less trouble.

ORANGE TAPIOCA SUPREME

4 tablespoons granulated tapioca.
3 cups water.
1 tablespoon lemon juice. ¾ cup sugar.
1 cup orange juice (2 oranges).
½ level teaspoon salt.

Soak the tapioca in cold water 1 hour; put on in top of double boiler and boil until clear; then add sugar, salt, orange and lemon juice and a very little of the grated orange skin. Remove from fire; serve ice cold in ice cream glasses with whipped cream or a small piece of marshmallow on top. If you have neither, garnish with a teaspoon of orange marmalade or a little red jelly. This makes an attractive dessert.

It is helpful to use a little lemon juice with the orange, as it brings out the orange flavor.

BAKED COTTAGE CHEESE CUSTARD

1½ cups cottage cheese.
1 cup milk. 2 eggs.
Pinch of salt. Cinnamon.

Mix cottage cheese with milk, sugar and salt, then add well-beaten eggs; brush 6 small custard cups with butter substitute, pour in the mixture, sprinkle with cinnamon and bake in moderate oven same as cup custards, being careful not to bake until it separates.

COTTAGE CHEESE PUDDING

1 cup cottage cheese.
1 qt. skimmed milk. ½ cup sugar.
½ cup seeded raisins. Pinch of baking soda.
2 eggs. ½ teaspoon salt.
½ teaspoon cinnamon. 2 cups stale bread.
1 tablespoon butter substitute.

Brush bakedish with butter substitute; break the bread into small pieces; beat the eggs until light; add part of milk, sugar, salt and raisins; rub the cheese until smooth with the balance of milk and soda; add to egg mixture and pour over broken bread. Sprinkle with cinnamon and put in moderate oven 45 minutes. This makes a very hearty dessert.

CREAMY RICE PUDDING

1 cup condensed milk.
¼ cup rice. ½ cup raisins.
½ teaspoon salt. 4 cups water.

Wash the rice as usual; add the rice to the water and boil 15 minutes; add the condensed milk and salt; pour into bakedish and place in moderate oven; bake slowly 1 hour; stir several times at least; at the last stirring add the well-washed raisins. This is sweet enough and should be quite thick.

Part II—Summer Recipes

(July, August, September)

HOT AND COLD SOUPS

CLAM BISQUE

4 cups milk. 5 large clams.
1 tablespoon butter. 1 tablespoon flour.
1 tablespoon chopped parsley.
1 teaspoon onion juice. 1 teaspoon salt.
Dash white pepper. ¼ teaspoon paprika.

Put the milk on in top of double boiler. Put clams thru food chopper, then into saucepan with the onion juice and bring to boiling point, remove the scum and take from fire at once. Rub butter and flour together until smooth; add to the boiling milk and stir until creamy; add salt, pepper, paprika and parsley, add clams and serve.

CLAM CHOWDER

1 quart milk. 1 quart finely diced potatoes.
½ cup chopped onions. ¼ cup flour.
1 tablespoon drippings or butter substitute.
1 tablespoon salt.
1 teaspoon cut parsley or celery top.
2 teaspoons dried thyme. Pepper.
1 cup finely chopped raw clams (about 6 large ones).

The potatoes and onions are put into a saucepan, with water to cover, boil until tender; do not drain; add the flour to the soft drippings and mix until smooth; add the clams and clam juice, seasoning and flavoring. Boil 5 minutes, then add the milk, which has been brought to a boil. Serve with hard crackers. This is a meal in itself.

CREAM OF LETTUCE SOUP

For this use the outside leaves of lettuce, no matter how coarse, washed and shredded.

4 cups shredded lettuce. 2 cups boiling water.
2 cups boiling milk. 1 level teaspoon salt.
Pinch of pepper.
1 teaspoon scraped onion or ¼ teaspoon grated nutmeg.
1 teaspoon butter substitute.
1 tablespoon flour.

Put the lettuce in saucepan, cover with boiling water; boil slowly 30 minutes; mash thru strainer; add milk, seasoning and flavoring. Mix soft butter substitute with flour until smooth and add to boiling milk and lettuce. Boil 5 minutes, sprinkle with paprika, chopped parsley or a little chopped green lettuce just before serving.

OLD-FASHIONED VEGETABLE SOUP

1 pound soup meat.
1 cup each of diced potatoes, carrots, onion, cabbage, tomatoes, beans and celery or any left-over vegetables.
¼ cup barley. 1 tablespoon salt.
A little pepper. 2 tablespoons cut parsley.

Put the meat on to boil with 3 quarts of cold water; when boiling, add the well-washed barley and boil 1½ hours, then add the vegetables, boil 45 minutes, add seasoning and parsley. The meat is used next day for hash or meat loaf.

CREAM OF ONION SOUP

2 cups cut onion. 2 cups milk.
2 cups onion stock.
1 tablespoon butter substitute.
1 tablespoon flour. ¼ teaspoon nutmeg.
1 teaspoon salt. A little white pepper.
Dash paprika.

Cut the onion into small pieces. Put on fire with 2 cups of water and boil 20 minutes; rub thru strainer and add the boiling milk. Add the butter substitute and flour, mixed until smooth, salt, pepper, nutmeg and paprika; boil 5 minutes.

CREAM OF TOMATO SOUP

2 cups milk. 2 cups stewed tomatoes.
1 teaspoon onion juice. 1 teaspoon salt.
Dash white pepper.
1 tablespoon butter or oleomargarine.
1 tablespoon flour.

Put the milk on in top of double boiler. Put the tomatoes and onion juice into saucepan; boil 10 minutes; strain and add to the boiling milk, add salt, sugar, pepper, butter and flour, rubbed together; boil 5 minutes.

BLACKBERRY SOUP

1 quart blackberries.
1 quart water. 1 cup sugar.
1 tablespoon lime or lemon juice.
2 tablespoons orange juice. Pinch of salt.

Rinse the blackberries in cold water, put in saucepan with cold water, bring to a boil and boil quickly; mash thru wire strainer, add salt and sugar, stir until dissolved; when cold add orange, lime or lemon juice and serve cold or with chopped ice and slice of orange.

RASPBERRY AND CURRANT SOUP

2 cups red raspberries.
1 cup currants. 1 cup sugar.
4 cups water. Thin slices of orange.

Rinse the currants without picking, put in saucepan with cold water, bring to boil quickly and boil 3 minutes; mash thru strainer; return to fire, add raspberries and sugar; bring to boil, then mash thru strainer a second time. Serve ice cold or iced, with a slice of orange in each glass.

FISH AND CLAMS

BAKED TROUT, POTATO BORDER

Have fish cleaned, split and backbone removed. Brush bakepan with drippings; lay the fish skin side down; dust with salt, pepper and flour; pour over 2 tablespoons melted butter substitute and ½ cup milk; place in hot oven and bake 30 to 35 minutes, or until a nice brown. Remove to hot platter; sprinkle with chopped parsley.

Boil and mash 1 quart of potatoes, heap around fish with a tablespoon and dust with paprika; garnish with thin slices of lemon.

PANNED FISH

Any small fish can be used. Butterfish costs the least per pound and there is little waste as far as head, bone and scales go, but if not fried correctly they are very expensive. If put in a half warm pan they crumble from the main bone and stick to the pan; then when one goes to eat them there is nothing left but bones. Then again, they can be fried too quickly, and be undercooked in the center or fried so hard that nothing is left but skin and bone. Therefore, it is necessary to fry them carefully as they are an exceptionally good pan-fish.

Clean and remove head, put two ½-inch gashes on each side in the thick part. Wash and dry the fish; dust with salt and dip in cornmeal or flour. Put a little drippings in frypan; when hot, put the fish in pan, sear quickly on both sides, turning with cake turner, being careful not to break them, reduce the heat and fry slowly on both sides until nicely browned.

BAKED FISH, POTATO BORDER

Have fish cleaned, split and backbone removed. Brush bakepan with drippings; lay the fish skin side down; sprinkle with salt, pepper and flour; pour over 2 tablespoons melted butter substitute and ½ cup milk; place in hot oven and bake 30 to 35 minutes, or until a nice brown. Remove to hot platter; sprinkle with chopped parsley; garnish with slices of lemon. Put mashed potatoes around fish with a tablespoon and dust with paprika. Thin slices of lemon are put on the fish.

MINCED CLAMS IN PATTIES

2 cups minced clams. 1 cup cream sauce.
8 small bread cases or pattie shells.

Chop clams fine, bring to boiling point, skim and add to the cream sauce. Sauce is flavored with a half teaspoon of onion juice and salt and pepper to taste.

DEVILED CLAMS

8 large clams. 1 cup milk.
1 tablespoon butter substitute.
1 tablespoon flour. 1 egg.
1 teaspoon grated onion.
2 teaspoons chopped parsley.
½ cup fresh breadcrumbs.
½ cup dry breadcrumbs.
½ teaspoon salt. Dash white pepper.
Dash paprika.

Drain and rinse the clams, put thru fine food chopper, then put into saucepan, add the onion and bring to a boil, then add the boiling milk. Rub the butter substitute and flour together and add to the boiling clams and milk, stirring until it thickens; add salt, pepper, parsley and fresh breadcrumbs; mix well together; set aside until cool. Have 8 or 10 clam shells; wash, scald and dry; then fill in the clam mixture and dust with dry breadcrumbs. Beat 1 egg with 1 tablespoon cold milk; lift the clam shell with skimmer or large spoon and cover with the beaten egg, then with the breadcrumbs. Bake 5 minutes in a hot oven or fry in deep hot fat.

SHRIMP NEWBURG

1 pound fresh or a can of shrimp.
2 hard-boiled eggs. 2 tablespoons butter.
1 tablespoon flour. 1 cup milk.
½ teaspoon Worcestershire sauce.
1 teaspoon salt. Pinch red pepper.
Dash paprika.

Remove the shrimp from can, cover with cold water and let stand for 20 minutes; remove thin shells. Put the butter in saucepan; when melted add the flour and stir until smooth; then add the cold milk slowly; boil until smooth and thick. Rub the yolks of the hard-boiled eggs thru strainer and add to the sauce; stir until smooth; add salt, pepper, Worcestershire sauce and the finely chopped whites of hard-boiled eggs. Drain and dry the shrimp. Put all in top of double boiler and set over fire for 20 minutes. Serve with small pieces of toast.

If live shrimp are purchased, boil in salted water 25 minutes; then remove shell.

CURRIED SHRIMP WITH RICE

1 pound or can shrimp.
1 cup milk. 2 cups sliced onion.
2 tablespoons oleomargarine.
1 tablespoon flour.
1 tablespoon curry powder. 2 teaspoons salt.
2 tablespoons chopped parsley or green pepper.

Wash, boil and blanch the rice as usual, spread on hot platter and sprinkle with 1 teaspoon salt. Open can of shrimp, break them in halves, cover with cold water for ½ hour, then drain and add to the curry sauce and boil 10 minutes; then spread on top of rice. The onions are smothered and put around the edge. Sprinkle all with chopped parsley and paprika.

Curry Sauce

Put oleomargarine into saucepan; when melted add flour and curry powder. Mix until smooth, then add the milk slowly; boil until smooth and thick. Add ½ teaspoon of salt; the other half teaspoon is used for onion.

BEEF, LAMB AND COMBINATION DISHES

BEEF EN CASSEROLE

1 pound lean stewing beef.
1 quart small or cut potatoes.
1 cup cut carrots. 2 cups small onions.
2 cups cut celery (if you have it).
1 tablespoon salt. Pepper to taste.
2 tablespoons flour. Caramel.

Cut meat in small pieces, sear in frypan with a little drippings, put in casserole with vegetables, seasoning and water, cover and bake in slow oven 2½ hours, add thickening and caramel; serve in dish in which it was baked.

If you haven't a casserole, use any earthen dish which can be covered.

ROUND STEAK, SAUCE PIQUANT

1 pound round steak.
2 cups sauce.

Pound the steak and sear quickly in hot iron frypan that has been brushed with a little drippings; when meat is browned nicely on both sides, add sauce and cover pan and simmer very slowly 40 to 45 minutes on top of stove, adding a little water if needed.

Sauce Piquant

2 tablespoons drippings or cooking oil.
½ cup finely cut onions.
2 tablespoons finely cut green pepper.
2 cups tomatoes. 1 tablespoon sugar.
2 teaspoons salt. ⅛ teaspoon paprika.
⅛ teaspoon whole cloves and allspice.
A piece of whole mace.
2 tablespoons flour.
1 tablespoon table sauce.
2 tablespoons finely cut parsley or celery top.
1 tablespoon caramel.

Put the drippings or oil into frypan, add the onion and peppers and fry until brown, then add tomatoes and spices and fry until quite dry, stirring often; add 2 cups of vegetable or rice stock or water and seasoning; cook slowly 30 minutes (simmer), add flour, which has been mixed with a little water; boil 5 minutes, then rub thru strainer and add table sauce and caramel, parsley or celery top.

This can be made and put in glass jar and will keep 2 or 3 weeks.

CHUCK ROAST WITH POTATOES

Wipe the chuck or 3-cornered roast beef, put into hot oven for 30 minutes or until well seared; then sprinkle with 1 tablespoon salt, add 1 cup of cold water; reduce the heat of oven and roast 1 hour in a covered pan, water being added as it is needed.

Wash, pare, boil and skin the potatoes; place around the meat and roast 30 minutes, or until brown. Remove the meat and potatoes to hot platter; to the pan gravy add 2 tablespoons flour mixed with a little cold water, seasoning to taste and 1 tablespoon caramel; boil 3 minutes.

HAM CROQUETTES, CREAM SAUCE

1 cup cold ham. 1 cup boiled rice.
½ cup cream sauce.
1 teaspoon grated onion. 1 teaspoon mustard.
1 teaspoon Worcestershire sauce.
1 tablespoon chopped parsley.
1 egg and breadcrumbs.
⅛ teaspoon paprika and salt to taste.

Put the ham and rice thru meat chopper, add the cream sauce, onion, mustard, Worcestershire sauce, parsley, paprika and salt to taste (very little is needed as the ham is salted); mix well; spread on platter, place in refrigerator to get firm. Divide into 6 parts and form into cones or oblong rolls. Roll in floured hands, then in the egg, which has been beaten with 1 tablespoon of milk, then in breadcrumbs. Be sure the croquettes are well covered with egg and breadcrumbs so they will not break. Fry in very hot drippings or oil. Serve with cream.

HAM MOUSSE WITH SAUCE

2 cups lean cold boiled ham.
1 tablespoon granulated gelatin.
1 teaspoon mustard. 1 teaspoon sugar.
¼ teaspoon paprika. 1 tablespoon vinegar.
1 cup rich milk. 2 tablespoons chopped green peppers.

Put the ham thru food chopper (fine knife). Soak the gelatin in 2 tablespoons cold water for 10 minutes; then dissolve in the milk, which has been brought to the boiling point; stir until dissolved; pour over the ham and add the mustard, sugar and paprika, which has been mixed with the vinegar; add pepper and mix well. Put into mold, which has been rinsed in cold water. Set in cold place. When firm remove from mold to chop plate, which has been covered with lettuce cut into thin strips, and serve with the following sauce:

3 tablespoons stiff mayonnaise.
1 tablespoon grated horse radish.
1 tablespoon vinegar, tarragon or onion flavor.
1 teaspoon dry mustard.
¼ teaspoon salt and a few grains of pepper.
1 cup whipped cream.

Mix the dry ingredients with the vinegar; add the mayonnaise; fold in the whipped cream.

MUTTON CHOWDER

1 pound neck or breast of mutton.
1 quart diced carrots.
2 cups diced new potatoes.
1 cup diced scallions, green and white part.
1½ teaspoons salt.
2 tablespoons flour. Dash paprika.

Have the butcher chop the mutton into small pieces; wash, being careful that all splinters of bone are removed; put into saucepan, cover with 2 quarts of cold water; boil 1 hour; remove 4 cups of the stock to use next day. Add the carrots, potatoes and scallions; boil 1 hour, add flour which has been mixed in cold water; add seasoning and the green onion, cut fine.

DANDY LAMB STEW

1 pound neck lamb chops.
1 quart potatoes.
2 cups cut carrots. ½ cup cut onions.
2 tablespoons flour. 1 tablespoon cut parsley.
1½ teaspoons salt. Dash paprika.

The chops are wiped with wet cloth; put in boiler; cover with 4 cups of boiling water. Boil slowly 1 hour, add the potatoes, which have been cut into thick slices; the carrots, which have been cut in slices, onions and seasoning. Boil slowly for 40 minutes, add flour, which has been mixed with a little cold water. Serve all on large platter; sprinkle with parsley and dust with paprika.

SCALLOPED LAMB

Cold boiled or roast lamb, cut into thin slices.
2 cups breadcrumbs.
2 tablespoons onion juice.
½ teaspoon salt. Dash pepper.
1 tablespoon drippings.
1 cup cold gravy or stock.
1 cup strained tomatoes or white sauce.

Brush casserole dish or small agate pan with melted drippings; cover bottom with breadcrumbs, then a layer of meat, another layer of breadcrumbs, meat and breadcrumbs again. Mix tomatoes, gravy, stock or water, add onion, salt and pepper; pour over the top. Cover and bake 15 minutes; uncover and bake 15 minutes, or until nicely browned. If dry, add more water. The more gravy the better the meat dish.

LAMB AND VEGETABLES, CASSEROLE

1 pound neck lamb chops. 4 cups carrots.
1 cup small onions. 2 cups small potatoes.
1 teaspoon salt. ⅛ teaspoon pepper.
1 tablespoon flour. 1 tablespoon caramel.
1 tablespoon cut parsley.
2 tablespoons drippings.

Wash, scrape and cut the carrots into ½-inch rounds and put onions (not cut) into casserole with the drippings and 1 cup water; put in oven 30 minutes, place the chops on top of the carrots and onions. Sprinkle with salt, flour and pepper and add a cup of hot water; cover and place in hot oven 1 hour. Add caramel and sprinkle top with parsley and serve in casserole dish. This is very attractive and tasty. The neck chops are very tender if cooked this way.

LAMB FRICADELLA

1 cup cold lamb.
2 cups any kind of breadcrumbs.
1 egg. 1 teaspoon of salt.
Dash of pepper.
2 tablespoons of onion juice.
1 tablespoon of chopped parsley.

Put the meat thru food chopper; add salt, pepper, breadcrumbs that have been wet with a little cold water, the well-beaten egg, onion juice and parsley; mix well and form into flat cakes. Sprinkle with flour.

Brush bakepan with a little drippings; put in the fricadella and place in a hot oven 15 to 18 minutes. After removing fricadella from pan, add 1 tablespoon flour wet with a little cold water and 1 tablespoon of caramel, seasoning to taste; add enough stock or water to make 1 cupful of gravy.

Mint gelatin with cold sliced lamb is delicious and makes a very pleasant change.

Cut the jelly into cubes or mold in small individual mold, place on lettuce leaf with thin slices of boiled lamb. This is a very attractive warm-weather dish. Keep in refrigerator until ready to use.

CHEAP CUT WITH VEGETABLES

1 pound lean meat. ½ pound dried lima beans.
1 cup carrot. 1 cup onion.
1 quart potatoes.
2 tablespoons flour. 2 teaspoons salt.
¼ teaspoon paprika.

Put the meat into iron pot or frypan; add a little water; cover and cook slowly 1 hour. Remove cover and add carrots, onion and potatoes; add 2 cups of water and seasoning. Put the meat on top of vegetables and place in hot oven. Baste the meat several times. The lima beans are soaked overnight and boiled until tender; seasoned with salt and pepper to taste. Put them around edge of platter; thicken the gravy and if not brown, add caramel to make it a rich brown. Put meat in center of platter, the vegetables and gravy around the meat and the white beans on the outer edge. Sprinkle with parsley and paprika.

One of the best ways to prepare the cheaper cuts of meat is in a closed vessel, either a casserole or a Dutch oven. If you haven't a casserole, use the Boston bean pot. The Dutch oven is the same as the old-fashioned iron boiler with a lid, but not quite so deep, and is easily washed.

VICTORY VEGETABLE DISH

¼ peck potatoes. 2 cups cut onions.
1 cup cut carrots. ½ cup cut cabbage core.
½ pound round steak. 2 tablespoons beef drippings.
1 tablespoon cornstarch. 1 teaspoon salt.
Pepper to taste. Caramel.

Put the drippings into large iron pan or pot, add the cut scallions (including the green tops), the carrots cut into thin slices and the core from cabbage cut small. Sear lightly, stirring constantly, then add the potatoes that have been pared and cut into ¼-inch slices. Sprinkle with salt and pepper, add ¼ cup water and cover tightly. Cook very slowly, turning occasionally, and add a very little water to keep it from burning. It will take 30 to 35 minutes to cook in this way.

When vegetables are tender add the beef, which has been put thru food chopper, stir carefully until meat is seared (5 minutes); lift out vegetables and meat and add 1 cup of water or vegetable stock; bring to a boil and add the cornstarch that has been mixed with cold water, boil 5 minutes, add the caramel and season to taste. Pour around the vegetables and meat, sprinkle with chopped parsley or scallion tops. This makes an exceptionally good dish and one that is different from the regular old-time stew.

HOW TO USE THE FOUR CUPS OF STOCK

To the stock add 2 tablespoons of rice or pearl tapioca; season to taste and boil slowly 45 minutes; add chopped scallion tops, salt and paprika to taste.

The scallion tops are used instead of onion and parsley. I would also suggest buying the carrots as needed. Scallions are used instead of onions and only bought as needed, otherwise the green tops will be useless. New potatoes are the cheaper just now, as there is no waste. Remember, at this time, to boil the new potatoes in the skins, no matter how they are to be used. If for stewed or brown potatoes, parboil and skin. It is a well-known fact that the best part of the potato is under the skin.

SURPRISE CROQUETTES WITH PEAS

2 cups cold boiled rice. 1 cup cold boiled ham.
1 cup thick cream sauce.
1 hard-boiled egg. 1 raw egg.
2 tablespoons finely chopped green peppers.
1 teaspoon salt. Breadcrumbs.

Put the rice and ham thru food chopper; add the cream sauce, pepper and salt. Mix well. Cut the hard-boiled egg in 6 pieces the long way. Put the ham-and-rice mixture around the piece of egg; roll in flour, then in the raw egg, mixed with 1 tablespoon cold milk; dip the croquette in egg, then in breadcrumbs; fry in very hot fat. The croquettes are made oblong. Serve with green peas around. The cream sauce is made with 1 tablespoon butter, 2 tablespoons flour and 1 cup cold milk, seasoned and flavored to taste.

RICE-AND-NUT CROQUETTES

1 cup rice. 1 cup peanut butter.
1 teaspoon salt.
2 teaspoons finely chopped parsley.
¼ cup tomato catsup. A little pepper.
1 egg and breadcrumbs.

Wash the rice and put on to boil with 2 quarts boiling water; boil 25 minutes, drain, do not blanch; when cool enough to handle, put thru food chopper; add the peanut butter while the rice is hot; add salt, pepper, nutmeg and parsley; mix well, so the rice and peanut butter are well blended. Take 1 tablespoonful, roll into small ball in floured hands; either shape in cones or oblong; set aside until cold, then dip in egg and breadcrumbs; fry in hot drippings or cooking oil.

For the egg dip, use ¼ cup milk, 2 teaspoons cornstarch and 1 well-beaten egg. The cornstarch and milk make the egg go further.

VEGETABLE CHOWDER

3 cups diced potatoes. 1 cup diced carrots.
½ cup cut onions. ½ cup cut celery.
3 cups cut cabbage. 2 cups corn.
Cut beans or peas. 2 cups tomatoes.
1 tablespoon salt.
2 tablespoons cut green pepper (if on hand).
½ cup flour for thickening.
2 tablespoons butter substitute.
2 cups milk.

All the vegetables are put into boiler and covered with boiling water; boil slowly until tender, then add seasoning and flour, which has been mixed with cold water until smooth; add butter substitute and hot milk. Sprinkle with parsley and paprika. The potatoes will have about disappeared by the time the cabbage is tender; left-over corn, beans, tomatoes or peas can be used instead of fresh vegetables. Be sure to boil in uncovered vessel.

EGGPLANT FRITTERS

1 small eggplant. 1 cup flour.
1 teaspoon baking powder.
1 teaspoon salt. Pepper to taste.
½ cup milk. 1 egg.

Wash, pare and grate the eggplant, or put thru food chopper. There should be 2½ to 3 cupfuls; add milk and well-beaten egg, salt and pepper; sift in the flour and baking powder; mix well and fry on hot greased griddle. Shape with spoon like an oyster. This makes a very pleasant change for the use of eggplant.

VEGETABLE PLATTER MEAL

1 quart small potatoes.
2 cups small or cut onions. 2 cups cut carrots.
1 quart string beans.
2 tablespoons butter substitute.
2 tablespoons flour or cornstarch.
2 tablespoons grated cheese.
2 tablespoons chopped parsley.
Salt and pepper. 1 cup white sauce.

Boil potatoes, onions and cut carrots together in very little water; when tender, drain and cover with sauce made from vegetable stock. Put in center of chop plate, and the string beans, which have been prepared as usual, around the mixed vegetables. Sprinkle with cheese, parsley and paprika.

This makes a very attractive dish, and the cheese adds food value and flavor. If one does not care for cheese, it can be omitted.

EGG DISHES

OMELET WITH CHICKEN LIVER

4 eggs. 4 tablespoons cold water.
1 tablespoon grated onion.
1 tablespoon cut parsley.
½ teaspoon salt.
Liver from 1 chicken.
1 tablespoon drippings.

Beat the eggs and water together until well mixed. Put half the drippings in pan; when hot, pour in the eggs and put over slow fire. Shake pan all the time it is cooking. With spatula or fork raise the edges to let the soft part run under, and when done put in the sauted liver, fold and serve on hot platter; garnish with sprigs of parsley.

To saute the liver, cut the raw liver in very small pieces; put half the drippings into small frypan; add the liver and onion, salt and a dash pepper; put over slow fire and stir until finished. Add 1 tablespoon of water to make a little gravy.

ECONOMY EGGS

6 hard-boiled eggs.
6 thin, square slices toast.
2 cups milk.
2 rounded tablespoons butter.
2 tablespoons flour.
1 tablespoon grated onion.
1 teaspoon salt and a little pepper.

Chop the whites of eggs very fine and add to half of the cream sauce; rub 5 yolks thru strainer and add to other half of cream sauce; place toast on platter; pile the whites with sauce around the toast; grate the sixth yolk over all. Sprinkle with chopped parsley.

EGGS AURORA WITH POTATOES

4 hard-boiled eggs.
1 tablespoon butter.
1 tablespoon flour.
1 tablespoon finely cut onion.
1 cup milk. 2 cups mashed potatoes.
1 teaspoon salt. ⅛ teaspoon white pepper.
¼ teaspoon paprika.

Put the butter into saucepan with the onion; fry slowly, so as not to brown, stirring constantly. When the onion is tender, add the flour, mix well, and add the cold milk slowly, stirring until it thickens; then add the salt and pepper. Cut the hard-boiled eggs in half, remove the yolks and press thru fine strainer; add to the sauce; bring to boiling point. Spread the mashed potatoes on a platter, put the whites of eggs over top, round side up; cover with the sauce and dust with paprika around the edge. Garnish with parsley.

CREAMED EGGS

4 hard-boiled eggs.
1 tablespoon butter substitute.
1 tablespoon flour.
1 teaspoon grated onion.
1 cup milk. 1 teaspoon salt.
¼ teaspoon pepper. ¼ teaspoon paprika.

Put the butter substitute into saucepan; melt; add onion and flour; mix well and add the cold milk slowly; stir until smooth and creamy; then add the salt, pepper and boil 5 minutes. Chop the eggs, yolks and whites together, and add to the cream sauce. Serve on toast or in hollow rolls, sprinkle with paprika and garnish with chopped parsley.

BAKED EGGS IN CREAM SAUCE

2 cups cream sauce. 4 eggs.
½ cup breadcrumbs.
1 tablespoon grated cheese.
1 tablespoon chopped parsley or chives.

The cream sauce is made as usual, and seasoned and flavored to taste. Pour it into glass or earthen bakedish or pie plate. The eggs are carefully opened and put into the sauce. Sprinkle with breadcrumbs and the cheese, place in hot oven 6 to 8 minutes; sprinkle with parsley and serve from dish in which they are baked.

TO SERVE HARD-BOILED EGGS

6 hard-boiled eggs.
2 tablespoons butter or oleomargarine.
2 tablespoons flour. 1½ cups milk.
2 tablespoons chopped green peppers.
1 teaspoon salt. 1 teaspoon grated onion.
½ teaspoon Worcestershire sauce.

Put butter, onion and pepper in saucepan; fry a few moments (but do not brown); add the flour; mix well, then add the cold milk; boil 3 minutes; cut the eggs in half, remove the yolks, chop and add to the sauce. Cut a thin slice from the end of each half of the whites so they will set on a piece of toast, then pour the thick yellow sauce in and over the white. Dust with paprika and garnish with parsley.

POACHED EGGS ON FRIED TOMATO

3 large, firm tomatoes.
6 eggs. 6 slices toasted bread.
3 tablespoons flour. 1 tablespoon sugar.
1 teaspoon salt. ⅛ teaspoon pepper.
2 tablespoons oil or drippings.

Wash and cut thin slices from both ends of tomatoes, cut in half, sprinkle with salt, pepper, sugar and dip in flour. Put oil or drippings in iron or heavy pan, and when hot put tomatoes and fry a nice brown on both sides. The bread is cut in ½-inch slices, then cut round with cookie cutter or 1-pound baking powder can; toast a nice brown and put on hot platter, and on each round of bread place a slice of tomato (remove the tomato from pan with cake-turner, so it will not break) and on each tomato put a poached egg. Sprinkle egg with salt, dust with paprika and garnish with parsley and watercress.

The toast is made and eggs poached as usual while the tomatoes are frying.

SHIRRED EGGS WITH BREADCRUMBS

Brush custard cup with bacon drippings; put in 1 tablespoon breadcrumbs,.1 tablespoon milk, a pinch of salt; break 1 egg carefully, not to break yolk; sprinkle with breadcrumbs and put a very small piece of butter on top; place in hot oven 5 minutes, or set in a pan of water; cover and place on hot stove; steam until done to your liking.

SCRAMBLED EGGS AND BACON

One-quarter pound sliced bacon, put into frypan and fry until crisp, turning constantly, and remove the drippings several times. To the pan add 4 eggs and scramble. Put in center of platter and garnish with the bacon and sprigs of parsley.

CORAL EGGS

1 cup strained tomatoes.
4 eggs. ¼ pound bacon.
4 tablespoons grated American cheese.
Salt and pepper to taste.

Fry bacon until crisp and brown, then remove from pan and pour the tomatoes into the drippings, heat thru. Beat the eggs, season with salt and pepper and pour into the pan with the tomatoes. As soon as it begins to set, stir with fork the same as scrambled eggs.

Toast 4 slices of bread until light brown and dip into hot salted water. Pour the eggs and tomatoes over the toast; garnish with bacon and sprinkle with cheese and chopped parsley. Serve at once.

PRINCESS EGGS

4 eggs. ½ cup finely chopped ham.
1 teaspoon olive oil or melted butter.
¼ teaspoon salt. Dash paprika.

Brush 4 ramekins or custard cups with oil or butter, put 1 tablespoon of ham in each cup and 1 egg on top of ham; dust with salt; place cup in pan of hot water, put in oven 6 to 8 minutes, or, if oven is not hot, put pan on top of stove, cover and steam 8 to 10 minutes; dust with paprika and serve in ramekins or cups.

CREAMED EGGS WITH POTATOES

4 hard-boiled eggs.
1 tablespoon butter substitute.
1 tablespoon flour.
1 teaspoon grated onion.
1 cup milk. 1 teaspoon salt.
¼ teaspoon pepper. ¼ teaspoon paprika.
1 quart mashed potatoes.

Put the butter substitute into saucepan, melt, add onion, flour, mix well and add the cold milk slowly, stir until smooth and creamy; then add the salt, pepper and boil 5 minutes. Chop the eggs (yolks and whites together) and add to the cream sauce. Serve on the potatoes, which have been boiled and put thru press or mash thru strainer on to hot platter.

Sprinkle with salt. One yolk can be reserved and grated over top. Sprinkle all with parsley.

CHEESE RECEIPTS

CHEESE LOAF, TOMATO SAUCE

2 cups breadcrumbs. 1 cup cold milk.
1 cup grated sharp American cheese.
3 eggs. 1 level teaspoon salt.
⅛ teaspoon pepper.
1 teaspoon Worcestershire sauce.
2 tablespoons chopped green peppers.
1 teaspoon butter substitute.

Cover crumbs with milk 20 minutes; add cheese seasoning and flavoring. Separate the eggs, add the yolks and beat 5 minutes, or until smooth and thick. Beat the whites of eggs until dry and fold into the mixture (do not beat after the whites have been added). Brush casserole or bakedish with butter, put in mixture; put in moderate oven and bake 35 to 40 minutes, or until firm. Try by putting silver knife in center. If it comes out dry the loaf is done. Serve at once in dish in which loaf is baked.

The sauce is made as follows:

2 cups tomatoes. ½ cup finely cut onion.
½ cup grated or chopped carrot.
¼ cup green peppers.
2 tablespoons butter substitute or oil.
1 tablespoon cornstarch. 1 teaspoon salt.

Put the onion, carrot, peppers and butter substitute or oil into frying pan and fry until tender. Add tomato and salt; cook 5 minutes; mash thru strainer, return to fire, add cornstarch, which has been mixed with a little water, and boil 5 minutes.

CHEESE TOAST

1 tablespoon butter substitute.
1 tablespoon flour. 1 cup milk.
1 cup grated cheese. ¼ teaspoon salt.
Dash white pepper. Dash paprika.

Put the butter substitute into saucepan; when melted add the flour; mix well and add the cold milk slowly, stirring until smooth and creamy; add the grated American cheese, salt and pepper and paprika; mix well. You can add grated onion, if desired. Pour over rounds of toast, being careful that it does not become stringy.

CHEESE BISCUIT FOR LUNCHEON

2 cups flour.
2 teaspoons baking powder.
1 teaspoon salt.
1 cup grated American cheese.
¾ cup milk. ½ teaspoon paprika.

Sift flour, baking powder and salt into bowl; add cheese and mix very lightly; add milk; roll out ½ inch thick; cut with small cutter; brush top with milk and sprinkle with a little cheese and dust with paprika. Put in hot oven and bake 15 to 20 minutes. This makes 16 biscuits.

VEGETABLES

BAKED TOMATOES WITH SAUCE

6 large, firm, even-sized tomatoes.
3 cups breadcrumbs or cold boiled rice.
1 cup grated strong American cheese.
1 tablespoon melted butter substitute.
1 tablespoon grated onion.
1 tablespoon finely cut parsley or green pepper.
1 tablespoon salt.
⅛ teaspoon white pepper.
1 egg. 2 tablespoons cornmeal.

Wash and cut a slice from stem end of tomatoes and remove center. Fill with mixture made as follows:

The crumbs or rice are mixed with cheese and seasoning; fill into tomatoes; round the top; brush with well-beaten egg and sprinkle with cornmeal; put on pieplate or shallow bake-dish; bake 30 minutes in hot oven. Serve in dish in which they are baked.

The center of tomato is made into tomato sauce, thickened, seasoned and flavored to taste, and served with the tomatoes.

BAKED STUFFED EGGPLANT

1 eggplant.
1 cup breadcrumbs.
1 tablespoon drippings.
1 tablespoon grated onion.
1 tablespoon finely chopped parsley.
1 egg. 1 teaspoon salt.
½ teaspoon pepper. A dash paprika.
1 tablespoon melted butter substitute.

Wash and pare the eggplant, cut in halves, remove center, leaving shell ½ inch thick. Put the shell in cold water at once, so it will not discolor. Then put shell and the center, cut in small pieces, into saucepan, cover with boiling water and boil 10 minutes. Mash the small pieces.

Put the drippings into frying pan; add the onion, mashed eggplant and dry breadcrumbs, stirring so it will fry dry. Add salt, pepper, parsley, paprika and well-beaten egg. Mix well and remove from fire. Fill halves with mixture; dust with breadcrumbs and melted butter substitute; put into moderate oven and bake 30 minutes. Serve with white sauce.

ESCALLOPED EGGPLANT

1 medium-sized eggplant.
2 tablespoons butter, oleomargarine or bacon drippings.
1 tablespoon grated onion.
1 tablespoon flour.
1 cup milk. ½ cup breadcrumbs.

Pare and cut the eggplant into dice, put in saucepan, cover with boiling water and boil 20 minutes; drain. Brush bakedish with drippings, pour in the drained eggplant and cover with sauce. Sprinkle with breadcrumbs and place in moderate oven to bake 45 minutes.

For the sauce put 1 tablespoon of butter and the onions into small pan; when melted add flour and stir until well mixed; then add cold milk slowly and boil 5 minutes.

Put the other tablespoon of butter into small frypan; when melted add the crumbs; mix well, but do not brown.

CREAMED CARROTS

2 bunches or 1 quart carrots.
1 tablespoon chopped or scraped onion.
1 tablespoon butter substitute.
1 tablespoon flour.
2 teaspoons chopped parsley.
Dash pepper and paprika. 1 teaspoon salt.

Put the carrots on in enough boiling water to cover and boil until tender.

Put the butter substitute and onion into saucepan and cook 1 minute; add the flour and mix well; then slowly add 1 cup of stock in which the carrots were cooked, stirring until smooth and creamy; add the salt, paprika and pepper to the carrots; sprinkle with parsley.

CREAMED CUCUMBERS

Pare cucumbers and cut into quarters long way; remove part of the seeds. Put cucumbers into a pan with a little milk, seasoning to taste, adding a little butter substitute and cornstarch thickening.

PANNED SWEET POTATOES

1 quart sweet potatoes.
1 tablespoon butter or substitute.
½ teaspoon salt. ⅛ teaspoon white pepper.

Wash and boil the potatoes and skin; cut into slices ½ inch thick; brush bakedish with a little butter or oleomargarine; lay the sweet potatoes in; dust each layer with salt, pepper and sugar and a little butter or oleomargarine; there should be about 3 layers; add 2 tablespoons water and bake 20 minutes.

CANDIED SWEET POTATOES

Wash ¼ peck small sweet potatoes, put on with boiling water and boil 20 minutes. Drain and skin. Brush pan with drippings, place the sweet potatoes on, dust with 1 teaspoon salt, ⅛ teaspoon pepper, ½ cup brown sugar and put 2 tablespoons butter substitute in small pieces over top. Put in moderate oven 15 minutes or until nicely glazed and brown.

CABBAGE WITH WHITE SAUCE

Cut the cabbage into quarters; lay in cold water 30 minutes; drain and cover with boiling water; boil 45 minutes without a cover; lift the quarters and lay on shallow dish, cut side up; cover with sauce:

1 tablespoon butter substitute or drippings.
1 tablespoon flour.
1 cup cold milk. 1 teaspoon salt.
Dash white pepper.

Put butter in saucepan over fire; melt and add the flour; mix well; then add the cold milk slowly, stirring until smooth and creamy; add salt and pepper; boil 2 minutes. Flavor with scraped onion or nutmeg.

BAKED NEW CABBAGE

1 head new cabbage.
1 tablespoon green pepper.
3 tablespoons grated American cheese.
2 teaspoons salt.
⅛ teaspoon white pepper.
1 cup cream sauce.

Remove only the poor outer leaves from a head of new cabbage, cut into quarters, cover with cold water for 30 minutes; drain, put on with plenty of boiling water and boil 25 to 30 minutes in uncovered vessel.

Drain and lay the quarters, cut side up, in earthen dish; sprinkle with 1 teaspoon salt and pour the sauce over top; sprinkle with chopped green pepper and the grated cheese. Put into hot oven 10 minutes; serve in dish in which baked.

SWISS CHARD

1 quart of greens, after boiling.
1 cup cream sauce.
1 tablespoon bacon drippings or butter.
1 teaspoon salt.
Pepper to taste.

Strip the greens from the thick midrib; steam or boil the same as spinach or beet tops. The thick midrib is cut into half-inch pieces (the same as celery for stewing). Cover with boiling water and boil for from 35 to 40 minutes or until tender. Drain and cover with cream sauce, which is made as usual.

The greens are drained, chopped and seasoned with salt, pepper, drippings or butter substitute. Put in center of a dish and place the creamed midribs around. This makes a very attractive dish. To make 1 quart of greens after boiling, 3 quarts of the uncooked greens will be needed.

BAKED SQUASH

Wash, pare and remove seeds from 2 medium-sized squash; cut into thin slices; brush casserole dish with drippings or butter substitute, then put in squash, a little salt, pepper and enough water to cover bottom of dish, probably a half cupful, according to size of dish. Bake in slow oven until tender; mix with fork or egg whip before serving.

PEPPER SAUCE

1 head cabbage. 2 peppers.
2 teaspoons mustard seed.
1 teaspoon whole cloves. 1 teaspoon whole allspice.
1 teaspoon salt. ½ cup cider vinegar.

Cut or chop the cabbage fine; put into cold water for 30 minutes. Wash and cut the peppers in half; remove all seeds and white fiber from the inside; chop fine. Drain cabbage; add peppers and all other ingredients; mix well. If put in glass jar or crock and set in cold place this will keep a week.

BUTTERED BEETS

Wash the beets, put on with boiling water to cover and boil until tender; drain and run cold water thru the beets and skin at once; cut into cubes. To 2 cups of the beets add ½ cup water, 1 teaspoon salt, 1 tablespoon butter and ¼ teaspoon white pepper. Serve hot.

CREAMED BEET TOPS

Cut the tops of beets off about 1 inch from beet; wash both, put the beets in saucepan, cover with boiling water. The tops are put in strainer on top of beets; cover and boil until tender. In that way the beets will be ready for evening, 1 cooking doing both tops and beets. When tender remove, strain, press dry, season to taste and serve with white sauce, lemon juice or vinegar. The tops are just as good as spinach.

PICKLED BEETS

Boil the beets as usual, skin and cut into cubes or slice; then add ½ cup vinegar, ½ cup water, 1 teaspoon salt, dash white pepper, 1 tablespoon sugar and 1 teaspoon of whole mixed spices, if desired.

NEW POTATOES

Wash a quart of new potatoes under running water; put on in boiling water to cover; boil 30 minutes or until tender. Drain and skin at once; return to saucepan and sprinkle with 1 teaspoon of salt. Shake the pan and return to back part of stove or warming shelf 5 minutes. Prepared in this way there is no waste and the potato is mealy and attractive.

POTATOES WITH CHEESE SAUCE

1 quart diced or small potatoes.
1 tablespoon butter or oleomargarine.
1 tablespoon flour. 1 cup milk.
1 tablespoon grated onion.
1 teaspoon salt.
⅛ teaspoon white pepper.
½ cup grated cheese.

Put the diced potatoes on and boil until tender, drain, add the sauce, put into tureen and sprinkle with parsley.

Sauce.—Put the butter into saucepan with the onion, add the flour and mix well; then add the cold milk slowly, stirring until smooth and creamy; add the salt and pepper.

CREAMED POTATOES

1 quart potatoes.
1 cup milk.
1 tablespoon oleomargarine.
1 tablespoon flour.
1 teaspoon salt.
1 teaspoon onion juice.
⅛ teaspoon white pepper.
Dash paprika.

Wash, pare and dice the potatoes, put on with boiling water and boil until tender; drain and add the cream sauce. Sprinkle with 1 tablespoon finely chopped parsley.

Sauce.—Put the oleomargarine into saucepan, melt, add the flour and mix well; then add cold milk slowly, stirring until smooth and creamy; add the salt, pepper and paprika; boil 2 minutes.

HASH BROWNED POTATOES

1 quart potatoes. 1 tablespoon drippings.
1 tablespoon milk. Salt and pepper to taste.
1 tablespoon cut parsley.

Cold potatoes can be chopped fine or freshly boiled can be skinned and chopped fine. Put the drippings in pan; add potatoes; keep turning until heated thru; add seasoning and milk; stir constantly until light brown. If oven is hot, put the potatoes in and bake a light brown. Sprinkle with parsley.

The potatoes are boiled and skinned the day before.

HOW TO BOIL CORN

Husk the ears, remove the silk with a vegetable brush, so it will all come off. Have the water boiling and boil corn rapidly for 5 minutes. Remove from water at once and place on plate which has been covered with a napkin, and bring the ends up so the corn will be covered. Do not add salt and do not let the ears stand in the water. Serve at once.

CORN CHOWDER

2 cups fresh grated corn.
2 cups diced potatoes.
2 cups rice or vegetable stock.
2 cups milk.
1 tablespoon oleomargarine or butter.
3 tablespoons flour.
1 teaspoon salt. Paprika.

Skin and dice the parboiled potatoes; put on in top of double boiler with rice stock and seasoning, boil until very tender; add the milk and corn, put the boiler over water and boil 20 minutes; add flour, which has been mixed with cold water, and boil 15 minutes; add butter and sprinkle with paprika.

ESCALLOPED CORN

2 cups grated fresh corn.
½ cup fresh breadcrumbs.
½ cup milk.
1 tablespoon butter. A little pepper.
1 egg.

Mix corn with milk, seasoning and well-beaten egg. Brush earthen bakedish with butter. Pour in mixture and cover top with buttered crumbs. Bake 30 minutes in moderate oven.

To butter crumbs, put butter on pietin. When melted, add the crumbs and shake until the crumbs have all been touched with butter. The melted butter makes the crumbs brown nicely.

SCRAMBLED CORN AND EGGS

1 cup grated fresh corn.
3 eggs. 1 cup milk.
1 tablespoon finely cut green pepper.
1 tablespoon butter, drippings or oil.
½ teaspoon salt.

Put the corn, peppers and half the milk on in saucepan and cook 5 minutes. Beat the eggs and half cup of milk until light; add to corn and cook slowly, stirring constantly until set. Add butter and salt; serve on thin slices of toast. Pepper can be omitted and parsley or celery tops used instead.

FRESH CORN CROQUETTES

2 cups grated fresh corn.
2 cups mashed potatoes.
1 tablespoon melted butter.
1 teaspoon salt. A little pepper.
½ teaspoon grated onion or a little nutmeg.
1 teaspoon chopped parsley.
1 egg. Breadcrumbs.

Boil the potatoes with the skins; when tender, skin and put thru ricer or mash thru strainer; add the grated corn, seasoning and flavoring while hot. Form into 8 cones or oblong shapes. Dip in egg, which has been mixed with 1 tablespoon of milk; then in breadcrumbs; fry in deep, hot fat.

CREAMED STRING BEANS

String 1 quart of beans, cut into ½-inch pieces and set aside in cold water 30 minutes; drain and cover with boiling water; add 1 tablespoon cut onion for flavor and boil 30 minutes or until tender. Do not cover the beans while cooking. Drain and cover with the cream sauce made with bacon drippings. The bacon drippings are not only cheaper than butter, but flavor the beans much better.

Sauce:
1 tablespoon bacon drippings.
1 tablespoon flour.
1 tablespoon scraped onion.
1 cup cold milk. 1 teaspoon salt.
Dash white pepper.

Put the bacon drippings into pan; add onion and flour; mix well, then add the cold milk slowly; boil 3 minutes; add salt and pepper. If you have no bacon drippings on hand, fry 2 or 3 thin pieces of bacon and use the bacon to garnish the beans.

BAKED STUFFED PEPPERS

6 peppers.
2 cups cold boiled rice.
½ cup finely chopped onions.
1 tablespoon drippings. 1 teaspoon salt.

Remove stem end of the peppers and take out all the seeds and white; fill with the mixture, which is made as follows:

Put the drippings and onion into pan and cook a few minutes; add rice, seasoning, the top of peppers chopped fine and flavoring; stir until heated thru; fill the peppers and place in a deep dish with 2 tablespoons of water; bake 40 minutes.

Breadcrumbs may be used instead of rice; then a little water must be added.

SALADS AND DRESSINGS

CABBAGE AND PEPPER SALAD

4 cups shredded lettuce.
3 cups finely shaved cabbage.
1 cup chopped green peppers (3 medium size).
1 teaspoon salt.
¼ teaspoon paprika.
1 tablespoon celery seed.
½ cup salad dressing.

Cover salad dish with lettuce. Mix cabbage, seasoning and flavoring and half the dressing together in small bowl and press it down, then turn out into the center of shredded lettuce. The remainder of the dressing is put on top and sprinkled with paprika.

RADISH SALAD

2 cups finely sliced radishes.
1 cup finely sliced scallions.
2 cups shredded lettuce.
¼ cup French dressing.

Mix radishes and scallions together, place on lettuce, cover with dressing. Be sure to serve it cold.

TOMATO AND SCALLION SALAD

4 small tomatoes.
½ cup cut scallions.
1 cup shredded lettuce.
½ cup French dressing.

Wash and skin tomatoes, cut in half and lay in shallow bowl, which has been covered with shredded lettuce; cover the tomato with the scallion and pour over the French dressing.

FRENCH DRESSING

¼ teaspoon salt. ⅛ teaspoon pepper.
3 tablespoons olive oil. 1 tablespoon vinegar.

Put all the ingredients in a clean bottle and shake well. This dressing may be used with lettuce, or it may be used to season other salads before putting on a thicker dressing.

CHERRY SALAD

1 cup pitted cherries.
1 cup diced red gelatin.
2 cups shredded lettuce.
3 tablespoons olive oil.
2 tablespoons lemon juice.
⅛ teaspoon salt.

Line individual salad plates with crisp, cold lettuce; put a tablespoon of cherries in center; put gelatin, cut in half-inch dice, around the cherries. If you have a French potato cutter, use it to make the red gelatin balls. Serve with French dressing made with oil and lemon juice and a pinch of salt. The gelatin can be any flavor.

CHERRY SALAD, NO. 2

Cherry salad is very nice when you use oxheart and black Spanish cherries.

1 cup oxheart cherries.
1 cup black Spanish cherries.
¼ cup marshmallows or blanched almonds.
French dressing. Lettuce leaves.

Wash and stew the cherries. With a small, pointed knife remove the stones and insert a small piece of marshmallow or blanched almond. Put into ice-cold place until ready to serve. Line salad bowl with lettuce leaves, lay the cherries in, first the black, then the oxheart, and serve with French dressing. Serving the cherries prepared in this way with whipped cream makes a very nice dessert.

STRING BEAN SALAD WITH BACON

1 quart string beans.
½ cup finely cut bacon or 3 tablespoons drippings.
¼ cup finely cut onion.
¼ cup vinegar.
1 teaspoon salt.
¼ teaspoon paprika.
1 teaspoon chopped parsley.

Cut the beans in half, split across the bean; put in cold water 15 minutes; drain, cover with boiling water and boil 30 minutes or until tender in uncovered vessel. Drain and cover with dressing made as follows:

Put finely diced bacon in frypan with onion and fry, keeping pan in motion constantly. When fried, but not brown, add vinegar and salt. Bring to a boil and pour over beans. Dust with paprika and sprinkle with parsley.

ASPARAGUS TIP SALAD

Tips are cut off 3 inches from top, tied with tape and boiled in salted water until tender; lift from stock and when cold serve on shredded lettuce with French dressing, mayonnaise or salad dressing of choice. The remainder of asparagus is prepared for the ramekins and the trimmings used for soups and sauces.

SHRIMP SALAD WITH TOMATOES

1 can shrimp.
2 cups shredded lettuce.
½ cup mayonnaise or salad dressing.
2 tomatoes. 1 pickle.

Put the shrimp into cold water 30 minutes; drain, remove the thin shell and break the shrimp into small pieces; cut 2 tomatoes in half, remove center and put the shrimp in them. Place on shredded lettuce, and cover with dressing. Dust top with paprika, garnish with thin slices of pickle.

SHRIMP SALAD

1 can shrimp.
2 tablespoons finely cut green peppers.
2 tablespoons finely cut raw carrot.
½ cup finely cut cabbage.
Lettuce. 1 cup lime gelatin.
Dressing of choice.

Prepare the shrimp as usual; break into small pieces and mix with vegetables; season with salt and paprika to taste. Line shallow bowl with lettuce; put salad in center and garnish with cubes of lime gelatin made as usual.

SOUR CREAM DRESSING

1 cup sour milk or cream.
½ cup vinegar. 1 tablespoon flour.
1 tablespoon sugar.
1 teaspoon dry mustard.
½ teaspoon salt. ⅛ teaspoon pepper.
1 egg.

Mix the flour, mustard, sugar, salt and pepper with the vinegar until smooth. Put in top of double boiler or in small saucepan. Place over fire and stir until thick; add cream and well-beaten egg and stir until it comes to a boil. Remove from fire at once. If milk is used instead of cream, 1 tablespoon of oil or butter is added. This makes a very good cabbage or lettuce and tomato dressing.

FRUITS DESSERTS

HUCKLEBERRY FLOAT

6 milk biscuits. 2 cups huckleberries.
½ cup sugar. 3 tablespoons cornstarch.
Pinch salt.

Put the berries on with 1½ cups of water and cook slowly 10 minutes; add sugar, salt and cornstarch, which has been mixed with a little cold water until smooth. Break the biscuits in half and place in shallow bowl. Pour the berries around. Dust the tops of biscuits with sugar and serve cold.

Milk biscuits are made, as usual, with 1 cup of flour, 1 teaspoon baking powder and 1 teaspoon shortening.

PEACH MERINGUE

2 cups crushed fresh peaches.
½ cup sugar. 2 eggs.

Line pietin with good piecrust; bake same as lemon meringue and fill with peach recipe made as follows:

Crush the peaches or mash thru colander; put on to boil; when it reaches the boiling point, add the well-beaten egg yolks slowly and remove from fire at once. When cooled pour into baked shell. Beat the whites of eggs until dry; add 2 tablespoons of granulated sugar and beat a moment; then pour over the peaches. Rough with fork and dust liberally with pulverized sugar. Place in cool oven to dry and garnish with a few thin slices of fresh peaches just before serving.

RICE WITH RED RASPBERRIES

½ cup rice. 1 quart milk.
¼ cup sugar. ½ teaspoon salt.
Pint box of red raspberries.

Wash the rice, put in top of double boiler with milk; boil slowly until thick; add salt and sugar.

Put in bowl or custard cups and when cold turn out on deep plate or in saucedishes and put the raspberries around. Serve with milk and sugar.

FRUITS SERVED IN SPONGE CAKE

Bake sponge cake in round pudding pan, in the center of which is put a cup or very small pudding pan. This is done so there will be a large opening in center. Raspberries, blackberries or sliced peaches can be used. Sugar the fruit and fill in cavity. Serve with sweetened fruit juice or whipped cream. If peaches are used, garnish with 4 halves of peaches, stone side up, in which put a teaspoon of sweetened whipped cream.

CORNSTARCH CUP, PEACH SAUCE

2 cups milk. 4 tablespoons sugar.
3 tablespoons cornstarch.
¼ teaspoon salt. 1 teaspoon butter.
1 cup peaches. 2 tablespoons sugar.

Put the milk on to boil in top of double boiler; when it comes to a boil, add the cornstarch, which has been mixed with a little cold milk; boil 15 minutes; add the sugar, salt and any flavoring you like. Brush 4 cups with butter and pour in the cornstarch custard. Set aside to get very cold; turn out on saucedishes and cover with the crushed and sweetened peaches.

SURPRISE PEACHES

4 mellow peaches. 4 marshmallows.
2 whites of eggs.
2 tablespoons granulated sugar.

Pare the peaches, remove stone and put marshmallow in place of stone (if marshmallow is hard, press it into shape and dip in milk). Put the halves of peaches together with a wooden toothpick and cut off the end, so it will not show. Put peach in saucedish, cover with meringue, dust liberally with pulverized sugar; place in very moderate oven until dry, like a glace. This makes a very attractive dish. Beat the whites of eggs on platter until dry, then add the granulated sugar, only beating until mixed.

BANANAS WITH RASPBERRIES

2 cups red raspberries. 1 cup currants.
4 or 5 bananas (3 cups), sliced.
1 cup sugar. ¾ cup water.

Mash the currants and raspberries; add the sugar and water, which has been boiled 5 minutes; mash thru strainer; pour over thinly sliced ripe bananas.

FARINA WITH STRAWBERRIES

Cook double the quantity of farina for breakfast; take what is left and put into 4 custard cups and set in the icebox. Turn the farina molds into saucedishes and serve with crushed strawberries. 1 cupful strawberries is sufficient for 4 dishes.

PEACH TAPIOCA

2 tablespoons granulated tapioca.
2 cups milk. 2 peaches.
2 tablespoons sugar.
Pinch salt. 1 teaspoon butter.

Put the milk in top of double boiler; when boiling, add the well-washed tapioca, salt and sugar; boil 20 minutes. Halve and pare peaches; put into shallow dish, stone side up; put a little sugar in each hollow and pour over the tapioca. This must be ice cold. You can serve in individual dishes, thereby saving serving and washing extra dishes. This amount makes 4 large helpings.

RICE CONES WITH PEACHES

½ cup rice. 2 peaches.
2 tablespoons sugar.
½ teaspoon salt. 1 teaspoon butter.

Wash the rice thru several waters, put in top of double boiler with 3 cups of boiling water and the salt; cover and boil slowly 45 minutes, or until the water has boiled away and rice is tender. Brush cone-shaped ice cream dipper with melted butter, partly fill with the hot rice. Take quarter of pared peach, which has been dipped in granulated sugar, place in center of form, fill with rice; let stand 2 or 3 minutes; remove from mold into shallow glass dish or into saucedishes. Take the other peach, crush and add the balance of the sugar, and pour around the rice cone; if you do not have an ice cream dipper, use custard cup. This amount makes 4 large helpings and can be served with milk or cream.

PEACH TOAST

1 cup peaches. ½ cup sugar.
1 tablespoon cornstarch.
4 squares of toasted bread, cut in 3-cornered pieces.

Put the peaches on in ½ cup of water, stew and mash fine; add sugar and a few grains of salt; boil 10 minutes. Wet cornstarch with cold water and add to peaches. Spread hot toast on plate and cover with the cold peaches. A good dish for the children.

PEACH ROLY-POLY

1 cup flour. 1 teaspoon baking powder.
½ teaspoon salt. 1 tablespoon shortening.
1 teaspoon butter substitute.
½ cup milk. 2 cups peaches. ½ cup sugar.

Sift the flour, baking powder and salt into bowl; add the shortening and rub in lightly; add milk to hold together; place on floured board and roll out ¼ inch thick. Wash, pare and cut the peaches, put on the dough, pour over half the sugar and roll same as a jelly roll. Brush bakedish with butter substitute, put in roll, pour over the remainder of sugar, dot with the remainder of the butter substitute and pour over the rest of the milk; cover and bake 20 minutes; uncover and bake 20 minutes, or until a nice brown.

RICE A LA CONDE

½ cup rice. 6 soft peaches.
½ cup sugar. 1 egg. 1 tablespoon salt.
A little grated nutmeg.
½ teaspoon melted butter substitute.

Wash and boil the rice as usual; brush deep pie plate with melted butter substitute; when rice is cold, add the salt, nutmeg and the egg, which has been beaten with the milk, and half the sugar. Mix all well together; spread on pie plate. Wash, pare and halve the peaches; press in rice, stone side up; cover with the remainder of sugar and bake in moderate oven 25 minutes. Sauce can be served if desired.

FRUIT COMPOTE

Quart lemon water ice.
1 ripe banana. ¼ cup orange juice.
2 tablespoons crushed berries or preserves.
1 peach. ¼ cup plum pulp.
¼ cup sugar syrup.

Skin and slice the banana; cover with orange juice; peel the peach and cut into very thin slices; mash 3 very ripe plums thru coarse strainer. The crushed berries or preserves are mixed with the sugar syrup until smooth; then mix fruit and syrup together. Put in cold place until ready to use. How to serve: Put a large tablespoon of water ice into ice cream or parfait glass, then put 2 tablespoons of the fruit mixture over the top. Fresh raspberries or strawberries are best, but one does not have them at all times.

GLAZED PEACHES

1 quart hard cling-stone peaches.
1 cup syrup.

Wash, scald and skin the peaches; do not halve; cover with water, syrup and a pinch of salt; boil slowly until tender, but not broken. Remove with skimmer, put on pie plate and place in hot oven until quite dry. Serve cold.

The syrup is thickened with a little cornstarch, and is used with cold-boiled rice for dessert.

PEACHES WITH MARSHMALLOW

3 cups crushed peaches.
4 halves of peaches.
½ cup marshmallow or marshmallow whip.
¼ cup sugar.

Wash, pare and crush about 6 peaches, enough to make 3 cups; add sugar, put in glass bowl and lay the 4 halves of peaches, which have been pared, stone side up, on top of crushed peaches; sprinkle the halves with a little sugar; cut the marshmallow in small pieces with scissors and sprinkle over top; have all ice cold.

PUDDINGS

HUCKLEBERRY TOAST

2 cups huckleberries.
6 small slices toasted bread.
3 tablespoons sugar.
1 tablespoon cornstarch. ½ teaspoon salt.

Wash the berries, add ½ cup boiling water and boil slowly 15 minutes; mash with back of spoon; add sugar and salt. Mix cornstarch with a little cold water and add to berries; boil 3 minutes. Lay toast on platter and pour the berries over. This is served cold and makes a very good dessert.

GRAPE PUDDING

1½ cups loose grapes. 1-3 cup sugar.
A few grains of salt.
2 tablespoons cornstarch. 1 cup water.

Wash the grapes, put into small saucepan; boil until the seeds separate from the pulp and skins have left them. Mash thru small wire strainer. All the skin must mash thru; then add sugar and water, bring to boil and add the cornstarch, which has been mixed with a little cold water; boil 10 minutes; pour into 4 ice cream glasses.

APPLE SNOW

4 apples or 2 cups apple sauce.
2 eggs. ¼ cup sugar.

Wash and core the apples, put on in saucepan with 4 tablespoons hot water, cover and bring to boiling point; remove the cover and boil until tender; mash thru strainer. Have the whites of eggs beaten dry; add the cold strained apples and beat until like snow. Fill into glass dish; garnish with little pieces of tart red jelly. Serve with custard.

Custard—Put 1 cup milk on to boil; beat the yolks of 2 eggs, 2 tablespoons sugar, a pinch of salt and a little grated nutmeg together; add to the boiling milk; remove from fire at once, so it does not separate.

PEACH FLUFF

1 quart peaches. 1 cup flour.
1 teaspoon baking powder.
½ teaspoon salt. 1 teaspoon shortening.
¼ cup milk. ½ cup sugar.

Wash, pare and halve the peaches, put in shallow pudding pan with 1 cup of water and sugar; boil 10 minutes, then cover with the dumplings, which are made as follows:

Sift flour, baking powder, salt into bowl; add shortening and rub in very lightly; add enough of cold milk to hold together; take teaspoonful of mixture into floured hands and form into small dumplings (this amount makes 10 dumplings); lay them on the peaches; cover and boil 10 minutes without raising the cover. Serve in the bakedish while warm. There will be enough syrup for the sauce in the dish; you may have to use a little more sugar, that depending on the kind of peaches.

DAINTY PEACH PUDDING

4 tablespoons granulated tapioca.
4 tablespoons syrup or sugar.
2 cups soft crushed peaches.
1 teaspoon salt.
1 teaspoon butter substitute.

Put the tapioca on in 4 cups of boiling water 30 minutes, or until clear; add syrup and salt. Brush a bakedish with butter, put the peaches on the bottom; pour the tapioca over; place in bottom of moderate oven 30 minutes. If there is no hot oven, set on top of range (not very hot) just long enough for it to set. It can be flavored with vanilla or nutmeg if desired.

PEACH CORNSTARCH PUDDING

4 peaches. 2 cups milk. ½ cup sugar.
1 egg. 1 tablespoon cornstarch.
¼ teaspoon salt.
½ teaspoon grated nutmeg.

Put the milk on to boil; mix the cornstarch with a little cold milk and half the sugar; add the yolk of egg, salt and nutmeg, and mix all well; then add to the boiling milk; boil 5 minutes; pour into shallow dish.

Have the peaches washed, pared and halved; lay on cornstarch, stone side up; sprinkle with a little sugar; beat the white of egg until dry and add the rest of sugar; put 1 teaspoon of the meringue on each piece of peach in place of the pit; dust with sugar and place in oven to dry.

Be sure the white of egg is very cold, and beat it in soup plate with wire beater or silver fork, otherwise it will not get light.

NEW APPLE SAUCE

Surprising what a difference there is in apple sauce! There is a right and a wrong way to cook apple sauce. In the first place, the sauce is the best if the apples are not pared. Just wash, cut in quarters, remove blossoms and stems, put in shallow saucepan and to each quart of apples add ½ cup of water; cover and put over hot fire until they begin to boil; remove cover and start mashing while they are boiling. When tender and mashed, remove from fire and mash thru colander or coarse strainer; add sweetening to taste and a little salt. If the apple is red, the sauce will be pink; if green, the sauce will have a pale green color. Cooking the seeds of the apples adds to the flavor of the sauce.

NEW APPLE PANCAKES

1 cup flour. 1½ cups milk.
2 eggs. ½ teaspoon salt.

Sift the flour and salt into bowl, add the milk and well-beaten eggs; beat 5 minutes. Have an iron pan very hot; remove from fire, put in 1 teaspoon of fat; shake pan, so the shortening will cover bottom. Return to fire, pour in a very little batter and shake the pan, so the batter will reach around. Shake pan the same as you would when frying an omelet. When nice and brown on both sides, spread with apple sauce, sprinkle with sugar and cinnamon and roll same as an omelet.

SAGO GRAPE PUDDING

½ cup sago.
2 cups loose Concord grapes.
2 cups water. Pinch of salt.

Wash the loose grapes and put in saucepan with the water; boil until skins are soft; mash thru strainer, return to fire, add the sago and salt and boil until clear; add sugar, fill into ice cream glasses and set in cold place.

SUMMER SQUASH PUDDING

1 quart cooked squash. 1 cup milk.
3 eggs. ¼ cup brown sugar.
¼ cup syrup, or sweetening to taste.
1 teaspoon salt.
1 teaspoon grated lemon or orange peel.
Pinch of ground mace.
½ tablespoon butter or oleomargarine.

Mash the squash thru strainer; add the well-beaten eggs, sugar and flavoring; mix well, brush custard cups with butter or oleomargarine and fill with the mixture; place in moderate oven 40 to 45 minutes. Test same as cup custard, by putting a silver knife in center. If it comes out dry, the pudding is done. Serve in cups either warm or cold.

STEAMED PEACH PUDDING

1 cup flour. 1 teaspoon baking powder.
½ teaspoon salt. ½ cup milk.
1 egg. 1 tablespoon melted butter.
2 tablespoons sugar.
1 quart soft peaches.

Sift flour, baking powder, salt and sugar into bowl; add milk, well-beaten egg and butter or oleomargarine; mix well. Brush mold or bowl with butter or oleomargarine, cover with peaches (which have been washed, pared and cut in half); pour dough on the peaches, cover and set in saucepan of water; boil or steam 1 hour. Turn mold into shallow bowl, cover with 1 cup of crushed peaches, which have been mixed with ½ cup of sugar. This makes a very nice dessert.

GRAPE GELATIN

2 cups Concord grapes.
½ cup sugar. 1 tablespoon gelatin.

Wash the grapes, put into saucepan with 2 cups of cold water; boil 10 minutes; mash and strain; add the sugar and gelatin, which has been dissolved in 1 cup boiling water. Dip mold or turk's head in cold water, strain in the mixture; set in cold place until firm. Turn out on plate. Whipped cream can be served if desired.

FROZEN DISHES

FROZEN STRAWBERRIES

1 quart strawberries.
1 quart water. ½ cup sugar.
½ cup honey. 1 tablespoon lemon juice.

Wash and hull the berries; mash very fine or put thru fruit press. Put 2 cups of water and the sugar on and boil 4 minutes. When cool, add the balance of the water, strawberries and lemon juice; pour into freezer, pack with ice and salt; churn 10 to 15 minutes. Pack and set aside until ready to serve.

FROZEN PINEAPPLE

2 cups grated pineapple.
2 cups water. 1 cup sugar.

Boil sugar and water together for 5 minutes; when cold add the pineapple and lemon juice; put in freezer. Cover and ice, a layer of ice, then a layer of salt. Let stand for 5 minutes; then turn 8 to 10 minutes.

FROZEN PEACHES

4 cups crushed peaches. 2 cups sugar.
1 teaspoon lemon juice.
Ice and salt to freeze.

Wash and pare the peaches; put the skins on in 2 cups of cold water; boil 20 minutes; mash and strain; add 2 cups of sugar to the strained peach juice; boil 3 minutes; when cold, add the 4 cups of crushed peaches and lemon juice; put into freezer and freeze the same as frozen pineapple.

PEACH MILK SHERBET

1 quart milk. 1 cup crushed peaches.
1 cup sugar. 1 tablespoon lemon juice.

Put the sugar and crushed peaches into a bowl; stir until the sugar is dissolved; put the milk into a freezer that has been packed in ice and salt (3 parts ice and 1 part salt); then add the crushed peaches and lemon juice. Turn at once.

BLACKBERRY ICE

1 quart blackberries.
1 quart water. 1½ cups sugar.
1 tablespoon lemon juice. ¼ teaspoon salt.
3 parts ice and 1 part salt to freeze.

Put the blackberries and water in saucepan over slow fire; boil 5 minutes; add sugar, boil 1 minute, then mash thru wire strainer. When cold, put in freezer that has been iced; add lime or lemon juice; let stand 3 or 4 minutes, then turn until frozen the same as ice cream.

FROZEN CUSTARD

1 quart milk. ¾ cup sugar. 3 eggs.
2 tablespoons cornstarch.
½ teaspoon salt.
½ teaspoon vanilla extract.

Beat the eggs and sugar until well mixed; then add the cornstarch, which has been mixed with a little cold milk. Add all to the hot milk in a double boiler; cook for 30 minutes; cool and add the salt and flavoring. Freeze. Half a cup of fruit, chopped fine, may be added when the custard is partly frozen.

LEMON WATER ICE

½ cup lemon juice.
1 teaspoon grated lemon rind.
1 cup sugar, or sweeten to taste.
3 cups water.

Put 1 cup of water on to boil; add the sugar and boil 3 minutes. When cold, add the remainder of the water, lemon juice and rind. (It must be a strong and very sweet lemonade.) Put into freezer, which has been packed with ice and salt. Turn 8 to 10 minutes.

FROZEN TEA

1 quart of strong tea.
1 cup sugar.
2 tablespoons lime or lemon juice.
4 tablespoons orange juice.
1 teaspoon each of grated lemon and orange peel, or 2 tablespoons of orange marmalade.

The tea is strained and cooled before putting in freezer; add sugar syrup and flavoring. Freeze same as frozen pineapple and serve in a tall glass, with thin slice of lemon on edge of glass.

This can be served with the meal or at the end, and is exceptionally nice for the afternoon caller.

STRAWBERRY ICE CREAM

2 cups strawberries. 2 cups cream.
1 cup milk. 1½ cups sugar.
Ice and salt for freezing.

Wash and hull the berries and mash thru a fine strainer, so none of the seeds go thru. Put the milk and sugar over fire in a small saucepan and bring to a boil; set aside to cool. When cold, pour into the freezer, which has been packed with alternate layers of ice and salt. Pour in the cream and last the strawberry juice; cover and begin to turn, adding ice and salt as it is needed. It will take 8 to 10 minutes to freeze; then remove dasher and pack with ice and salt and the wet bag in which the ice was broken. Be liberal with the salt.

PEACH WHIP

2 cups finely mashed peaches.
½ cup sugar.
1 tablespoon granulated gelatin.
½ cup boiling water.
1 teaspoon lemon juice.

Soak the gelatin in 1 tablespoon cold water 10 minutes; add the boiling water; when dissolved, add the sugar, lemon juice and peaches. Set bowl in pan of ice water, start beating and beat until it begins to form; put in ice cream glasses; cut 1 peach in pieces and garnish top.

This can be served with whipped cream.

PEACH SPONGE

1 tablespoon granulated gelatin.
2 large, soft peaches. ½ cup sugar.
2 teaspoons lemon juice.
2 cups boiling water.

Put the gelatin in bowl with 2 tablespoons cold water; soak 10 minutes; pour over the boiling water, add the sugar and, when cool, but not set, add the lemon juice and the peaches, which have been pared, crushed and strained thru colander.

Place bowl in pan of water with piece of ice; beat the same as snow pudding until it gets firm. Pour into large mold, which has been rinsed with cold water; place mold in cold water until ready to serve. This is much improved if served with whipped cream. This is enough for 6 large helpings.

SEASONABLE CAKES

OLD-FASHIONED STRAWBERRY SHORTCAKE

1 cup flour. 1 teaspoon baking powder.
2 tablespoons shortening. ¼ cup milk.
2 cups strawberries. ½ cup sugar.

Sift flour, baking powder and salt into bowl, add shortening and rub in lightly; add enough cold milk to make a soft dough, then place on floured pie plate and pat even; brush top with milk, place in hot oven and bake 20 to 25 minutes. The amount of milk cannot be given, as flour varies. When cold, split, butter and cover with the berries, which have been hulled and crushed with the sugar, put on top and dust with pulverized sugar.

This can be made into 6 small biscuits, then split and put crushed berries between and a spoonful of whipped cream on top. Garnish with whole berries.

QUICK STRAWBERRY CAKE

1 quart strawberries.
1 tablespoon melted butter.
1 cup flour. 1 teaspoon baking powder.
¼ teaspoon salt. 1 teaspoon sugar.
1 cup milk. 1 egg.

Sift the flour, baking powder, salt and sugar into bowl, add the milk slowly, then the beaten yolk of egg; mix well and add the melted butter. Brush pie plate with a little lard, pour in the mixture and bake 25 minutes. Remove from pan and when cool enough, split. Beat the whites of eggs until dry, add 2 tablespoons sugar and spread over the top of cake (lay the top of cake on bottom of pietin), put into cool oven to dry. When ready to serve put the crushed strawberries between the cake. The strawberries are washed, hulled and crushed with 1 cup of sugar.

CHERRY CAKE

1 cup flour. 1 teaspoon baking powder.
¼ teaspoon salt. ½ cup sugar.
½ cup milk. 1 cup pitted cherries.
1 egg. 1 tablespoon melted butter.

Sift the flour, baking powder and salt into bowl; add sugar, milk, butter and well-beaten egg; mix well; add the cherries; pour in deep pietin and bake 25 minutes in a hot oven. Serve warm. Melt the butter in large pietin before adding to mixture. This greases the plate for the cake.

PLUM CAKE

1 quart large blue plums.
1 cup flour. 1 cup milk.
1 teaspoon baking powder.
1 teaspoon melted butter.
¼ teaspoon salt. 2 tablespoons sugar.
1 egg. ½ cup sugar.

Sift the flour, baking powder, salt and 2 tablespoons sugar into bowl; add the milk, egg and melted butter; mix well. Have the plums washed and cut in half; remove stones. Place in the dough, skin side down, close together; cover with ½ cup sugar; put in moderate oven 25 to 30 minutes. This is best when warm. You can save ½ teaspoon butter if when melting the butter for the cake you use the pan you expect to make it in. You not only save the butter, but save the washing of an extra dish.

BANANA CAKE

1 cup flour. 1 teaspoon baking powder.
¼ teaspoon salt. 1 teaspoon butter.
½ cup milk. 1 egg.
2 teaspoons sugar. 3 bananas.

Sift the flour, salt, baking powder and sugar together; add the milk and well-beaten egg; mix well; brush pan with the melted butter; pour in the mixture. Skin and scrape the bananas and cut into 4 pieces; press into the dough. Sprinkle with pulverized sugar and bake 20 minutes in moderate oven. Serve warm with lemon sauce or fruit sauce.

BANANA SHORTCAKE

1½ cups flour.
1½ teaspoons baking powder.
½ teaspoon salt.
2 teaspoons shortening. Milk.
2 tablespoons red jelly.
3 ripe bananas. 1 tablespoon sugar.

Sift flour, baking powder and salt into bowl; add shortening; rub in very lightly; then add milk enough to make a dough same as drop biscuit. Dust pie plate or jelly pan with flour; put the dough on and smooth top. Bake in a hot oven 20 to 25 minutes. Split while warm, spread with jelly and cover both with bananas that have been cut into thin slices. Sprinkle with a little salt and sugar. Put together and sprinkle top with powdered sugar. Serve warm with milk.

PEACH SHORTCAKE

1 cup flour. 1 teaspoon baking powder.
¼ teaspoon salt. 1 teaspoon shortening.
½ cup milk.
2 cups finely sliced or crushed peaches.
½ cup sugar.

Sift flour, baking powder and salt into bowl; add shortening and rub in very lightly with the tips of fingers; add milk enough to hold together. Dust pietin with flour; pat dough about 1 inch thick; brush top with milk and bake 25 minutes in hot oven. Split and cover with peaches which have been sweetened with sugar; dust top with sugar and serve warm with milk.

COCOANUT LOAF CAKE

½ cup shortening. 1 cup granulated sugar.
2 eggs. ½ cup fresh grated cocoanut.
½ cup milk. 2 cups flour.
2 teaspoons baking powder.

Cream butter and sugar until light; add well-mixed yolks of eggs, milk, half the sifted flour and baking powder, the cocoanut, which has been pressed dry in fruit press or cheesecloth. Beat the whites of eggs until light; fold in and add the rest of flour. Place on bottom rack in moderate oven; bake 45 minutes.

CHOCOLATE CAKE

2 squares of chocolate.
¼ cup shortening. ½ cup sugar.
½ cup syrup. 1 egg.
1 cup mashed potatoes. 1 cup flour.
4 level teaspoons baking powder.
½ teaspoon salt. ½ teaspoon cinnamon.

Cream shortening, sugar and syrup; add the chocolate, that has been melted over hot water; add the well-beaten egg and 1 cup of mashed potatoes rubbed thru strainer; then sift flour and baking powder in, mix well and bake in tube pan 45 to 50 minutes or in 2 layer pans 20 minutes. If in layer pans, put together with apple jelly or jelly of choice, or make a cream filling and put between layers.

WHITE CAKE WITH YELLOW ICING

⅛ cup shortening, 1 cup sugar.
½ cup milk.
2 teaspoons baking powder.
Whites of 2 eggs.

Cream the sugar and shortening until light, add the milk slowly; then add half the whites of eggs, which have been beaten until light; sift the flour and baking powder together, add half, then the rest of the whites of eggs and the rest of the flour. Bake in 2 layer pans 25 minutes in a hot oven. Dust with sugar before turning out. Layer pans must be brushed with melted fat and dusted with flour.

Filling

1½ cups milk. 2 yolks of eggs.
2 tablespoons cornstarch.
2 tablespoons sugar.
A few grains of salt.
A little grated lemon rind, or flavor to taste.

Put the milk on to boil; mix the cornstarch with a little cold milk, the sugar and the well-beaten yolks of eggs and salt; mix well and add to the boiling milk slowly. When thick remove from fire and spread between the cakes, then cover with icing which is made as follows:

Icing

Beat the yolk of 1 egg with 1 teaspoon water, 1 teaspoon lemon juice; add enough sugar, spread smoothly over cake.

SPONGE CAKE CUSTARD

1 cup cake crumbs. 1 cup milk.
1 egg. 2 tablespoons sugar.
2 soft peaches.

Put the milk on to boil; beat egg, sugar and a few grains of salt together, bring slowly to the boiling point and remove from fire at once; put a half of a mashed peach in bottom of ice cream glass or in saucedish, cover with the cake crumbs, pour over the custard. This should be very cold.

The egg can be separated and the white put on top for a meringue.

JAMS

WATERMELON COCKTAIL

There was a piece of watermelon left from last evening's dinner. Remove the center, cut into half-inch cubes (or with a French potato cutter into rounds), pile into ice cream glasses and serve for first course. The rind you save and either pickle or make into marmalade.

SWEET PICKLED MELON RIND

4 quarts pared and cut rind.
2 pounds brown sugar.
2 cups pure cider vinegar.
2 level teaspoons mace.
4 tablespoons broken cinnamon stick.
2 level teaspoons cloves.
4 tablespoons ginger root or sliced lemon.

Pare the rind and cut it into pieces about 1 inch wide and 2 inches long, the size is a matter of choice. Boil the sugar, vinegar and spices for 15 minutes; add half the rind and boil slowly until it is tender and clear. Remove the rind with skimmer and pack it into well-sterilized jars with syrup to fill; adjust the rubber, which has been dipped into boiling water, then the sterilized lids; then put the other half of the rind into the remaining syrup and proceed as before. There will be enough syrup for all the rind.

PRESERVED WATERMELON RIND

2 quarts rind, after cutting into ¼-inch squares. 3 cups sugar.
1 lemon or 2-inch piece of green ginger root.

Put the pared and cut rind into bowl; cover with 2 quarts cold water; add 2 level tablespoons salt, let it stand 6 hours; drain, cover with fresh cold water for 2 hours; drain, make a syrup with 3 cups of sugar and 2 cups of water; boil 5 minutes; then add the rind; boil very slowly, until tender; remove rind with skimmer and set in moderate oven for 2 hours or until it has dried a little. Return the syrup to fire and add the lemon rind cut very fine and 2 tablespoons of lemon juice, boil very slowly 15 minutes, then add the rind; bring to boil and fill into sterilized jars at once.

PEACH BUTTER

Any of the cheap peaches will lend themselves to peach butter. All peaches should be washed before paring; the peaches are fuzzy and dusty, and if not washed the parings are not fit to use for syrup.

To each quart of pared and cut peaches add 1 cup of water and 1 cup of brown sugar and ½ teaspoon salt; put into porcelain-lined kettle and bring to a boil quickly, skim, then boil slowly for 1 hour. Some peaches are more juicy than others; in that case they must boil longer or less water used. It must not separate. The butter can be flavored with a little ground cinnamon or spice if desired. Put in sterilized wide-mouthed bottles, cover with parowax and tie paper over top.

PEAR BUTTER

Pear butter can be made from the early poorer kinds, and is very good spread on bread and biscuit. The pears are washed, stem, blossom and bad places cut away; cut into quarters without paring; put in kettle with very little water; cover and cook until tender. Pour into colander, and when well drained mash thru and to each quart of pulp add 1 cup brown sugar, ½ cup syrup, 1 level teaspoon salt, 2 level teaspoons cinnamon, ½ level teaspoon grated nutmeg. Return to preserving kettle and cook slowly until it thickens. It must be stirred often.

RASPBERRY JAM

Pick the berries carefully, put in strainer and plunge in cold water; drain well and put a few in preserving kettle at a time. Mash with wooden potato masher. Continue until you have mashed 4 quarts. Bring to boiling point slowly and gradually; add the same amount of granulated sugar, which has been heated. Boil slowly 45 minutes, stirring quite often. Put in tumblers or wide-mouthed bottles. Cover with parowax and tie paper over top, or it will keep in stone crock if covered with parowax.

SPICED GOOSEBERRIES

3 quarts green gooseberries.
5 cups brown sugar. 2 cups vinegar.
6-inch piece of stick cinnamon.
3 tablespoons whole cloves.
Small piece of mace.

Remove stems and blossoms of gooseberries; put into porcelain-lined kettle with sugar, vinegar and spices which have been tied in a piece of cheesecloth or mosquito netting. Bring to boiling point slowly and boil 1½ hours, skimming carefully.

Pack while hot in wide-mouthed bottles that have been sterilized, cork or cover with parowax and tie or paste paper over top.

This makes a delicious accompaniment to cold meat.

Currants can be done the same way.

GOOSEBERRY JAM

1 quart gooseberries.
3 cups sugar. 2 cups water.

Remove blossom and stem from the berries, cut in half; put into agate saucepan or porcelain-lined kettle; add the water and boil slowly until tender; then add sugar and boil 10 minutes. Fill into glasses. When cold cover with parowax.

This small quantity can be prepared while getting dinner. It takes less time if berries are cut in half.

PEACH JAM

Use the second grade or poorer peaches; brush or rub off the fuzz.

Pare, saving the parings for jellies and syrups, remove all bad spots and cut peaches into quarters. Put into preserving kettle and to each quart of fruit add 1 cup sugar or ½ cup syrup. Mix well and set over slow fire. After it comes to a boil, boil slowly 45 minutes, stirring quite often with wooden spoon, removing the scum carefully.

Fill into well-sterilized jars, adjust rubbers, which have been dipped into boiling water, put on sterilized lid, fasten tight and when cold set in cool, dark place.

The peaches can be mashed with a wooden masher to make a smooth jam or can be left in small pieces. That is a matter of taste.

HOME FLAVORS

CHILI VINEGAR

Wash and fill a quart jar with the small red peppers. There are different kinds; some are 1 inch long and others 3 inches. The small, very thin ones are best. Fill jar with cider vinegar and set in dark, cool place for 2 weeks. More vinegar can be used as needed.

TARRAGON VINEGAR

To 1 quart of old vinegar use 1 cupful of tarragon leaves. Put into wide-mouthed bottle, cork the bottle and set in cool place for 2 weeks; shake the bottle 3 or 4 times during that time; remove from bottle and boil 5 minutes; strain, return to bottle and cork tight.

FLAVORED VINEGARS

Flavored vinegars are very helpful. There are tarragon, celery, horseradish, chili, onion and spiced vinegar. Each has its distinctive flavor and makes a very pleasant change where vinegar is needed.

DRIED CELERY LEAVES

Dried celery leaves are very helpful at all times for soups, sauces, dressings and salads, and every supply shelf should have 2 or 3 bottles on hand at all times.

Whether they are green or yellow leaves, pick the nice leaves off, wash, dry on piece of cheesecloth; put the leaves in either flour or sugar bag; lay on top of range or warming shelf for 2 or 3 days. When thoroly dry, rub and put into wide-mouthed bottles; cork tight. This makes a very good flavor for potato salad.

HORSERADISH VINEGAR

1 quart vinegar. 1 cup grated horseradish.
2 tablespoons granulated sugar.
1½ level teaspoons salt.

Put the horseradish into quart jar, add sugar and salt, cover with the vinegar, which has been brought to a boil; close jar and set in cool place for 2 weeks; then strain and put into bottles, cork and label for future use.

SWEET HERBS

Sweet basil, thyme, sweet marjoram, sage and summer savory are dried the same as parsley, but care must be taken that they do not burn, and always keep the bottles corked or glasses closed tight.

DRIED GRATED LEMON PEEL

When using lemons in a way that does not call for the rinds, carefully pare off the yellow portion and run it thru the meat chopper with the finest plate; dry and put away in glass jar; use in cake and puddings.

CELERY VINEGAR

1 quart vinegar.
2 cups green celery leaves.
1 tablespoon sugar. ½ teaspoon salt.

Wash and dry the fresh green celery leaves; put into glass jar, cover with vinegar, add sugar and salt, cover jar and set in pan of cold water; put pan on fire and boil 1 hour; remove and stand in cool place 3 days; strain, fill into bottles and label.

This is exceptionally good for cold slaw and potato salad, and when celery is scarce the vinegar will come in very handy.

SPICED VINEGAR

1 quart vinegar.
1 tablespoon each of whole cloves, allspice, mustard seed.
1-inch piece cinnamon bark.
2 tablespoons granulated sugar.
½ level teaspoon salt.

Put the vinegar and spices on to boil; boil 15 minutes, when cold put into jar and let stand 2 weeks; then strain and fill into bottles, cork and label. This is exceptionally good for beef a la mode and sour sauces.

ONION VINEGAR

1 quart vinegar. 2 cups grated onion.
2 tablespoons granulated sugar.
1 level teaspoon salt.

Put the onion into quart jar, add sugar and salt, let stand 3 hours; then fill jar with cold vinegar; let stand 3 weeks; shake jar 2 or 3 times. At the end of 3 weeks strain into bottle, cork and label. This vinegar lends a very delicate onion flavor and is exceptionally good in French dressing for salads.

BREADS

RAISIN WHOLE WHEAT MUFFINS

2 cups whole wheat flour. ½ cup seeded raisins.
2 teaspoons baking powder.
1 egg. 1 cup milk.
1 teaspoon salt. 1 teaspoon sugar.
1 tablespoon melted butter.
1 teaspoon melted shortening or oil.

Sift the whole wheat flour, baking powder, salt and sugar into bowl; add the milk slowly; then add the well-beaten egg, raisins and butter; mix well. Brush muffin tins with lard; put 1 spoonful of mixture into each; bake in hot oven 20 minutes. This makes 12 large muffins.

BAKING POWDER CINNAMON CAKE

2 cups flour. 2 teaspoons baking powder.
½ teaspoon salt. ¼ cup sugar.
1 teaspoon cinnamon. ½ cup raisins.
2 tablespoons shortening. Milk.

Sift flour, baking powder, salt and half the sugar into bowl, add shortening and rub in very lightly. Add raisins, then milk enough to make a stiff dough. Put in a greased shallow pan; brush top with butter and sprinkle with balance of sugar, mixed with cinnamon. Bake 20 minutes.

SOUTHERN POTATO BISCUIT

6 cups flour. 6 teaspoons baking powder.
2 teaspoons salt.
2 cups hot mashed potatoes.
6 tablespoons butter or other shortening.
1 cup milk. 2 eggs.

Mash the potatoes thru strainer, add salt, milk and butter or shortening, well-beaten egg. Beat until smooth, then sift in flour and baking powder. Turn out on floured board, cut with small biscuit cutter, put into hot oven. Bake 20 minutes.

POTATO DROP YEAST BISCUITS

2 cups whole wheat or white flour.
2 cups mashed potatoes.
½ cup lukewarm milk. 1 egg.
2 tablespoons melted shortening, butter or oleomargarine.
1 rounded or 2 level teaspoons sugar.
1 level teaspoon salt.
½ yeast cake dissolved in 2 tablespoons warm water.

Put the potatoes (which have been boiled and skinned) thru fruit press, put in bowl, add salt, sugar and shortening and milk. Dissolve the yeast in the warm water and add to the potato mixture. Add enough flour to make a soft sponge. Set in warm place to rise for about 2 hours, then add the well-beaten egg, add rest of flour and mix well with wooden spoon. Cover and set in warm place until it has risen double in quantity. Brush muffin pans with grease and drop a tablespoonful in each. Let rise again double in quantity. Put in moderately hot oven and bake 25 or 30 minutes. Brush top with a little milk and melted butter or oleomargarine.

OLD-TIME CINNAMON CAKE

Made from raised dough. A good plan when baking bread is to take some of the sponge, say 2 cupfuls, to it add 2 tablespoons melted shortening, 1 well-beaten egg and enough flour to make the dough so it can be rolled out ¾ inch thick; put on pietins and set to raise. When it is double the thickness, brush the top with melted butter, sprinkle very liberally with brown sugar, a little powdered cinnamon and bake in moderate oven until brown.

Another good addition is to mix 2 tablespoons of peanut butter with the melted butter and spread on dough, then the sugar, but not any cinnamon.

BEVERAGES

ICED COCOA

A very nourishing and refreshing drink. The cocoa can be made with water and served with whipped cream or with marshmallow whip instead of sugar and cream, or it can be made with part milk and water or all milk. The best and quickest way is to have your cocoa syrup on hand, add to either cold milk or water. Again, the strength depends on one's liking. Following is the recipe for cocoa syrup:

COCOA SYRUP

1 cup cocoa. 2 cups sugar.
2 cups water. ½ teaspoon salt.

Put the water and sugar in saucepan, stir until dissolved, put on fire and boil 5 minutes; mix cocoa with cold water to make a paste and add to the boiling water and sugar; boil slowly for 10 minutes; add the salt. When cold put into bottle or glass jar in the refrigerator, and you are prepared for any social emergency.

ICED TEA

Freshly made tea is best. Scald the pot, add the required amount of tea, then the freshly boiled water. Much depends on how strong one likes it and the kind of tea used. One must always bear in mind that when adding ice the tea will be weakened. It is a saving of sugar if the sugar and lemon are added to the tea, then served with a thin slice of lemon. The lemon should always be washed in warm water and rolled before squeezing. A little of the grated rind also adds to the flavor. A slice of orange can be served with the lemon if desired.

ICED COFFEE

Again, the strength of coffee depends on one's liking. It should be strong. Sweeten and serve with whipped cream. No milk or cream is put in the coffee. Good coffee is made by allowing 1 rounded tablespoon of coffee to 1 cup (½ pint) water. For boiled coffee put 1 tablespoon of ground coffee for each cup, put in cold water, bring to a very slow boil, add crushed egg shell to clear. If drip coffee, use very finely ground or powdered coffee.

JELLIES

Jellies are made from all kinds of cooked fruit juices and sugar. In most cases 1 cup of granulated sugar to 1 cup of fruit juice is used, and if fruit is in right condition, not overripe, there will be no failures, but when fruit is overripe the jelly will not get stiff.

But, housekeeper, there is no loss, as there are many things that can be made from the soft jellies during the winter months.

Has it ever occurred to you that the soft jelly will go further used for hotcakes, waffles, omelets, layer cakes, pancakes and as a spread for children's bread?

Jellies made from apple, quince and peach parings are made as follows:

The parings are put on to boil; to 1 quart of parings allow 2 cups of cold water. Cook or simmer until the water has apparently boiled away. It is well to mash the parings, then put in cheesecloth bag and let drip overnight. In the morning add 1 cup of sugar, which has been warmed in oven, to 1 cup of fruit juice. Boil 8 minutes. One apple can be used to each quart of parings of any kind of fruit.

PLUM JELLY

The blue plum is best for jelly. Put plums into wire basket or strainer, plunge into cold water; drain, and to each quart of plums use 1 cup of water; put into preserving kettle and boil until soft; stir or mash until broken, then put into jelly bag and drip 24 hours. To each cup of plum juice add 1 cup of warmed sugar; stir until dissolved. Boil 8 to 10 minutes, removing all scum; pour in glasses that have been dipped into boiling water. When cold, cover with parowax or white paper.

PLUM JAM OR BUTTER

The plum pulp that remains in the bag after making plum jelly is put in preserving kettle, and with silver fork remove the stones, and to each cup of pulp add 1-3 cup of water. (I usually put the stones in a small bowl, and after measuring the pulp I put the water over the stones, rinsing them, and then adding the water to the pulp.) Add ½ cup sugar to each cup of pulp, put over slow fire and boil 30 minutes. Be sure to remove the skum; put into sterilized glasses or wide-mouthed bottles. Cover with parowax or paper.

CANNING

CANNED ELDERBERRIES

Pick and wash the elderberries, put into porcelain-lined kettle with 1 cup of hot water to each quart of berries. Boil 15 minutes; stir occasionally with wooden spoon. To each quart add ½ level teaspoon of salt, put into well-sterilized jars, adjust rubbers, which have been dipped into boiling water; put sterilized lids on, fasten and set in boiler on rack. Fill boiler with warm water 1 inch over the lids and boil 30 minutes.

No sugar is needed, but when wanted for dessert or pies, 1 cup of sugar can be added to each quart of berries.

CANNED BLACKBERRIES

4 quarts blackberries.

2 cups sugar.

Have large, ripe berries, pick carefully, put into wire basket or strainer, plunge into cold water; drain, then put into preserving kettle. Sprinkle with sugar and let stand 3 hours. Put over fire, bring to boiling point slowly; boil 10 minutes; remove the scum carefully; put into well-sterilized jars. Dip rubber into boiling water and adjust and cover with well-sterilized lid. Fasten at once.

COLD-PACK CANNED BLACKBERRIES

Pick nice, large blackberries, put into wire basket or wire strainer, plunge into cold water; pack in well-sterilized jars, then fill to overflowing with syrup; adjust rubber, which has been dipped into boiling water; put on the sterilized lid; set into boiler on rack; fill with warm water 1 inch over top of jars and boil 30 minutes.

Be sure they do not leak.

The syrup is made by boiling 2 cups of sugar with 2 cups of water for 10 minutes.

BLACKBERRY JAM

Put the berries in preserving kettle on very moderate fire until soft; as they get hot the juice will come; then mash thru wire strainer, and to each cup of strained berries add ½ cup of sugar; return to fire and boil 25 minutes. Remove the scum and stir occasionally.

CANNED RASPBERRIES

4 quarts raspberries.
2 cups sugar.

Have large, ripe berries, pick carefully, put into wire basket or strainer, plunge into cold water; drain, then put into preserving kettle. Sprinkle with sugar and let stand for 3 hours. Put over fire, bring to boiling point slowly; boil 10 minutes; remove the scum carefully; put into well-sterilized jars. Dip rubber into boiling water and adjust and cover with well-sterilized lid. Fasten at once.

COLD-PACK CANNED RASPBERRIES

Pick nice, large raspberries, put into wire basket or strainer, plunge into cold water; pack in well-sterilized jars, then fill to overflowing with syrup; adjust the rubbers, which have been dipped into boiling water; put on the sterilized lid; set into boiler on rack; fill with warm water 1 inch over tops of jars and boil 30 minutes.

Be sure they do not leak.

The syrup is made by boiling 2 cups of sugar with 2 cups of water for 10 minutes.

CANNED CHERRIES WITH PITS

3 pounds cherries.
2 cups sugar. 1 cup water.

Wash and stem the cherries, put into well-sterilized jars; boil sugar and water 10 minutes; skim carefully, then pour over cherries; adjust the rubbers, which have been dipped into boiling water; then put on well-sterilized lids, fasten and put jars into boiler on rack; cover with boiling water 1 inch above tops of jars; cover the boiler and boil 15 minutes; remove, and when cold, put in cool, dark place. Be sure they do not leak.

PITTED CANNED CHERRIES

3 pounds cherries.
3 cups sugar. 1 cup water.

Wash, stem and pit the cherries, saving the juice. Boil sugar and water 10 minutes; skim carefully. Put cherries into well-sterilized jars, pour the syrup over them; adjust the rubbers, which have been dipped into boiling water; then put on well-sterilized lids, fasten and put jars into boiler on rack; cover with boiling water 1 inch above tops of jars; cover the boiler and boil 15 minutes; remove, and when cold, put in cool, dark place. Be sure they do not leak.

The juice from the cherries is added to the sugar and water before boiling.

CANNING

CANNED ELDERBERRIES

Pick and wash the elderberries, put into porcelain-lined kettle with 1 cup of hot water to each quart of berries. Boil 15 minutes; stir occasionally with wooden spoon. To each quart add ½ level teaspoon of salt, put into well-sterilized jars, adjust rubbers, which have been dipped into boiling water; put sterilized lids on, fasten and set in boiler on rack. Fill boiler with warm water 1 inch over the lids and boil 30 minutes.

No sugar is needed, but when wanted for dessert or pies, 1 cup of sugar can be added to each quart of berries.

CANNED BLACKBERRIES

4 quarts blackberries.
2 cups sugar.

Have large, ripe berries, pick carefully, put into wire basket or strainer, plunge into cold water; drain, then put into preserving kettle. Sprinkle with sugar and let stand 3 hours. Put over fire, bring to boiling point slowly; boil 10 minutes; remove the scum carefully; put into well-sterilized jars. Dip rubber into boiling water and adjust and cover with well-sterilized lid. Fasten at once.

COLD-PACK CANNED BLACKBERRIES

Pick nice, large blackberries, put into wire basket or wire strainer, plunge into cold water; pack in well-sterilized jars, then fill to overflowing with syrup; adjust rubber, which has been dipped into boiling water; put on the sterilized lid; set into boiler on rack; fill with warm water 1 inch over top of jars and boil 30 minutes.

Be sure they do not leak.

The syrup is made by boiling 2 cups of sugar with 2 cups of water for 10 minutes.

BLACKBERRY JAM

Put the berries in preserving kettle on very moderate fire until soft; as they get hot the juice will come; then mash thru wire strainer, and to each cup of strained berries add ½ cup of sugar; return to fire and boil 25 minutes. Remove the scum and stir occasionally.

CANNED RASPBERRIES

4 quarts raspberries.
2 cups sugar.

Have large, ripe berries, pick carefully, put into wire basket or strainer, plunge into cold water; drain, then put into preserving kettle. Sprinkle with sugar and let stand for 3 hours. Put over fire, bring to boiling point slowly; boil 10 minutes; remove the scum carefully; put into well-sterilized jars. Dip rubber into boiling water and adjust and cover with well-sterilized lid. Fasten at once.

COLD-PACK CANNED RASPBERRIES

Pick nice, large raspberries, put into wire basket or strainer, plunge into cold water; pack in well-sterilized jars, then fill to overflowing with syrup; adjust the rubbers, which have been dipped into boiling water; put on the sterilized lid; set into boiler on rack; fill with warm water 1 inch over tops of jars and boil 30 minutes.

Be sure they do not leak.

The syrup is made by boiling 2 cups of sugar with 2 cups of water for 10 minutes.

CANNED CHERRIES WITH PITS

3 pounds cherries.
2 cups sugar. 1 cup water.

Wash and stem the cherries, put into well-sterilized jars; boil sugar and water 10 minutes; skim carefully, then pour over cherries; adjust the rubbers, which have been dipped into boiling water; then put on well-sterilized lids, fasten and put jars into boiler on rack; cover with boiling water 1 inch above tops of jars; cover the boiler and boil 15 minutes; remove, and when cold, put in cool, dark place. Be sure they do not leak.

PITTED CANNED CHERRIES

3 pounds cherries.
3 cups sugar. 1 cup water.

Wash, stem and pit the cherries, saving the juice. Boil sugar and water 10 minutes; skim carefully. Put cherries into well-sterilized jars, pour the syrup over them; adjust the rubbers, which have been dipped into boiling water; then put on well-sterilized lids, fasten and put jars into boiler on rack; cover with boiling water 1 inch above tops of jars; cover the boiler and boil 15 minutes; remove, and when cold, put in cool, dark place. Be sure they do not leak.

The juice from the cherries is added to the sugar and water before boiling.

CHERRY MARMALADE

4 pounds sour cherries after pitting.
3 pounds granulated sugar.

Wash, dry, stem and pit the cherries; then put thru food chopper (large knife), saving all the juice; put into preserving kettle; add the juice and sugar and boil slowly until thick. Be sure to remove all scum while cooking. Some cherries have more juice than others, especially if picked immediately after a rain. In that case, it takes longer to cook them.

This makes a most delicious marmalade and can be filled into large-mouthed bottles or tumblers of any shape; cover with paraffin or parowax.

CANNED PEAS—COLD-PACK METHOD

Be careful when shelling the peas not to make yourself double work. Do not put the shelled peas back in the bowl with the unshelled ones; have a bowl or pan for the peas, one for the pods and a quart measure for the peas. When you put the shelled peas in with the peas, the blossoms and leaves must be picked out. Then, too, I have seen housekeepers put the peas in pan of cold water and pour off whatever floats on top. They forget that the very young and tender pea floats on top, and so they are wasted, or it takes a long time to pick out the leaves and blossoms from the peas.

Therefore, put the peas in one vessel, the shells in another; then shelled peas are put in quart measure, then you save measuring the amount when needed for each jar.

Put the shelled peas into wire basket or fine strainer, plunge into boiling water a moment, then plunge in cold water. Pack in well-sterilized jar, fill jar with boiling water to overflowing, add 1 level teaspoon of salt to each quart of water; adjust rubber that has been dipped into boiling water, put on top, but do not fasten; set in boiler on rack, fill boiler with warm water to within 1 inch of top, put lid on boiler and boil 1½ hours; then fasten tops, lay on side and boil 10 minutes. Remove from boiler, wipe and be sure tops are tight. When cold, set away in cool, dark place.

CANNED LIMA BEANS—COLD-PACK METHOD

Be sure the lima beans are fresh and not too large. I would suggest, if they are mixed, as sometimes is the case, when shelling put the small ones in the quart measure and the large ones in a separate pan; the small ones will be canned and the larger ones dried, inasmuch as the large ones are really better for drying. Then they are even sized and much more attractive. So often when one gets a helping of lima beans 3 or 4 large yellow-looking ones spoil the entire helping.

Shell the beans, put in wire basket or strainer, plunge in boiling water, then in cold water; pack into well-sterilized jars, fill with boiling water to overflowing and add 1 level teaspoon of salt to each quart. Adjust the rubbers, which have been dipped into boiling water; put on the sterilized lid, set in boiler on rack, fill boiler with warm water to within 1 inch of top; cover boiler and boil continuously 1½ hours. Fasten top on, lay jar on its side in boiler, boil 10 minutes; remove from water, dry and be sure the top is fastened tight. When cold, set away in cool, dark place.

CANNED STRING BEANS—COLD-PACK METHOD

Perfect sterilization is absolutely necessary to keep beans, or, in fact, any vegetable. It is well if one has 2 wash boilers, but where 2 are not available, a good way is to wash the jars, fill with cold water and put into the boiler on rack; then fill the boiler with cold water to within an inch of top of jar; put on fire and boil; then when the beans are ready to fill into jars, lift them out, emptying and filling 1 jar at a time. The beans are prepared as follows:

String the beans and cut into half-inch pieces or inch lengths; put into wire basket or strainer; plunge into boiling water, then into cold water. Pack into well-sterilized jars; add boiling water to overflowing; add 1 level teaspoon of salt to each quart of water before covering. Adjust rubber, which has been dipped in boiling water; put on the sterilized top, but do not fasten. Set jar in boiler on a rack; fill boiler with warm water to within 1 inch of top of jar. Close wash boiler and boil constantly 1½ hours; then tighten lid and lay jar down and boil 10 minutes longer. Remove from boiling water, wipe and be sure top is on tight. When cold, set away in cool, dark place.

CANNED HUCKLEBERRIES OR BLUEBERRIES

Huckleberries, sometimes called blueberries, are picked and washed, put into porcelain-lined kettle with 1 cup of hot water to each quart of berries; boil 15 minutes, stirring occasionally with wooden spoon. To each quart add ½ level teaspoon of salt. Put into well-sterilized jars, dip rubbers in boiling water and adjust; put on the sterilized lid, fasten and set in boiler or rack. Fill with warm water 1 inch above the lids and boil 30 minutes. No sugar is needed, but when using for dessert or pies, add 1 cup of sugar to each quart of berries.

CANNED TOMATOES

When buying a basket or bushel of tomatoes to can, it is always best to lift them out of the basket. It mashes and bruises tomatoes to pour them out. One can give the tradesman an empty basket in exchange.

When lifting the tomatoes out sort them into two, three or four piles, depending on the size of the tomatoes.

The best firm, small, even-sized ones are canned for salad; the large, firm ones are prepared for stewing tomatoes; the very ripe ones, which are not so firm, are canned for soup, sauces and catsup. Late in the season, about the last of September or beginning of October, when underripe tomatoes are among them, they can be used for tomato butter and pickles, of which we will speak later.

CANNED CHERRIES

The important point in canning cherries is to have them perfect; no decayed spots. It is always best to plan to make jam while canning; then, when picking over the cherries, those that are not perfect can be put into another saucepan for the jam. Then when pitting, if there are any spots, cut them off. Sour cherries are best for canning and jam.

DRYING CORN

Corn is one of the most difficult things to dry, inasmuch as it takes more watching than other vegetables, but it certainly pays for the trouble. It is not only delicious, but is very nutritious, and there are innumerable ways of preparing it during the winter months.

Another reason one should take the time to dry corn is that no jars, rubbers or cans are needed, and there is no danger of spoiling. Any wide-mouthed bottle or can that cannot be utilized for jam or butters can be utilized for the dried corn. It is not necessary to have it airtight.

Dry the corncobs to use for kindling when the weather gets cold; and you all know that husks, if pulled fine, make nice, sweet cushions for porch and for other uses.

Any corn will do, but sweet (sugar) corn is best. The corn should not be too old and must be fresh. With a sharp knife cut it off, not too close to the cob, then scrape the cob with the back of knife, spread on agate platter, old china platter or plates or wooden rack. Place in moderate oven. It is very important to turn the corn about every 15 minutes until it is apparently dry. It takes from 5 to 6 hours; then remove from oven, leave on plate or rack and when cold cover. Next day return to very moderate oven and, stirring occasionally, allow it to dry very hard. It usually gets brown (the sweeter the corn the darker in color), but be sure it is very dry before you put it into clean, dry bottles. As an extra precaution, put bottles in oven to dry.

You can dry as much corn as the oven racks will hold plates, platters or racks.

If one lives in a clean neighborhood, the second day's drying can be done in the hot sun. In that case, cover with a piece of netting.

SALTED CORN

Corn must be fresh and full grown, but not old. Brush and remove silk with small vegetable brush, put corn in large vessel and cover with boiling water 3 or 4 minutes. Remove; when cooled, cut the corn from cob, being careful not to cut too close to cob.

Scald crock or glass jars and dry them; put in layers of 3 inches of corn and ½ inch cooking salt. Fill crock or jar, cover with piece of muslin or worn table linen that has been sterilized and then dipped in salted water—2 tablespoons of salt to 2 cups of water.

If crock is used, put a piece of board on top, and if glass jars are used, fit a small piece of muslin under lid and fasten top. Set away in cool, dark place.

SANDWICHES

COCOA PASTE

Bread.
¼ cup cocoa. ½ cup sugar.
¼ cup boiling water (about).
¼ teaspoon salt.

Mix the sugar and boiling water in bowl; place bowl in pan of boiling water, then add the cocoa and salt, stirring very hard; when smooth, remove from pan of water, stirring it 5 minutes. When cool and soft (not cold, as it gets hard), spread on 6 thin slices of bread; place on top of each other and firmly press: cut into slices as you would cut a jelly cake.

COCOANUT SANDWICH

½ cup grated cocoanut.
1 cup seeded raisins.
¼ teaspoon salt.
2 tablespoons orange juice or
1 tablespoon lemon juice.

Wash and dry the raisins. Put thru food chopper; add the grated cocoanut, which must be dry, and the salt and fruit juices; spread between thin slices of white bread cut in three-cornered shapes. No butter is needed with this paste.

SWEET ECONOMY SANDWICHES

These are exceptionally good when jams, fruit butters and jellies are low. Take all the small pieces of stale bread and dry them in the oven; then put thru food chopper or place on bake-board and roll until fine; then put the crumbs in bowl and add syrup enough to make a thick jam; a little salt to take away the flat taste; a few nuts put thru food chopper with the bread makes a very pleasant change. This makes a dandy sweet sandwich for the hungry school boy or girl.

LAYER OR RIBBON SANDWICHES

Loaf bran bread.
Loaf white bread.
2 eggs.
2 tablespoons mayonnaise or
2 tablespoons butter and seasoning.

Remove the crust from the bread; cut into thin slices. Spread the white slices with egg paste and the brown slices on both sides with butter; then a white slice with egg paste, a brown slice and a white slice, making 5 slices of bread. Then cut into 1½-inch strips, each 5 slices, making 4 sandwiches. Wrap in wax paper until ready to use. These sandwiches are very attractive and good.

PEANUT BUTTER AND RAISIN SANDWICHES

1 loaf day-old whole wheat bread.
1 cup seeded raisins.
½ cup peanut butter.
A pinch of salt.

Wash and dry the raisins; put thru food chopper twice; mix with peanut butter and salt until a smooth paste. Remove the crust from the bread and cut into thin slices. Spread the mixture, press together and cut 3-cornered shapes. These are most attractive and tasty. No butter is used.

JAPANESE SANDWICHES

1 cup boiled rice.
1 teaspoon grated onion.
1 teaspoon finely chopped parsley.
½ cup sardines (skin and bone removed) or any cold fish may be used.
½ teaspoon paprika.
1 tablespoon chopped stuffed olives.

Put the rice, fish and olives thru the meat chopper; add the onion, parsley, paprika and oil from the sardines; mix well to make a paste; spread between thin slices of dark bread. Do not use butter, as the oil from the sardines is very rich.

DEVILED EGG SANDWICHES

3 hard-boiled eggs. ¼ teaspoon mustard.
¼ teaspoon salt. Dash white pepper.
Dash paprika.
1 tablespoon butter or olive oil.
1 tablespoon vinegar.
1 tablespoon onion juice.
1 tablespoon cut parsley or green pepper.

Cut the eggs in half; remove the yolks with a silver fork; powder; then add the mustard, salt, pepper, paprika, cayenne pepper and vinegar; mix well and add the other ingredients; mix well. Chop the whites of eggs very fine and add to the yolks. If not moist enough, add more vinegar. Spread bread with egg paste, put shredded lettuce between. This makes 6 sandwiches, 4 inches square.

All sandwiches should be wrapped in wax paper.

CHEESE AND PARSLEY SANDWICH

1 cake cream cheese.
1 tablespoon chopped parsley.
Dash paprika.
Dash white pepper.
Pinch salt.

Mix the cheese, parsley, salt, pepper and paprika with just enough milk or cream to make a smooth paste. Spread one thin slice of bread with butter and the other with the cheese paste; press together and cut into fancy shapes.

PRUNE AND MARSHMALLOW SANDWICHES

1 cup uncooked prunes.
½ cup marshmallow whip.
1 teaspoon lemon or orange juice.
A few grains salt.

Wash and dry the prunes, remove the stones and put them thru food chopper; add fruit juice and salt; mix well; spread one slice of bread with the prune and other with marshmallow whip; press together and cut into diagonals.

Note: Two tablespoons chopped nut meats may be added or 1 tablespoon peanut butter.

CREAM CHEESE AND OLIVE SANDWICHES

Bran bread. 1 cake Philadelphia cream cheese.
8 stuffed olives. Salt and pepper.

Mix the cheese with salt, pepper and milk enough to make a smooth paste so it can be spread. Spread slices of bread. Cut the olives in thin rings and spread on cheese. Both slices of bread must be spread with cheese, and olives are put between. Cut in 3-cornered shapes.

RAISIN PASTE SANDWICHES

1 cup seeded raisins.
½ cup English walnuts or peanuts.
2 tablespoons lemon or orange juice.
¼ teaspoon salt.

Wash and dry the raisins; put the raisins and nuts thru the food chopper; add salt and orange or lemon juice and mix well; this should make a smooth paste, but if it is too dry, add a little more fruit juice. Spread between thinly sliced whole wheat or white bread; cut in finger shapes.

CHEESE AND OLIVE SANDWICHES

Take 1 Neufchatel cheese and 2 tablespoons chopped olives and cream together with just enough milk to make a smooth paste. Spread thinly sliced health bread and cut in 3-cornered shapes.

CHEESE AND JELLY SANDWICHES

Mix 1 Neufchatel cheese with just enough milk or cream to make a smooth paste; add a pinch of salt. Spread one thin slice of bread with butter and the currant jelly, the other slice with the cheese, and press together. Cut the bread into triangles.

CHEESE PASTE SANDWICHES

1 cup grated American cheese.
12 stuffed olives.
2 tablespoons melted butter.
½ teaspoon salt.
1 teaspoon Worcestershire sauce.
2 tablespoons chopped parsley.
Dash white pepper. Dash paprika.

Chop the olives fine, mix all the ingredients together and make a smooth paste. Spread between thinly sliced rye or white bread; all crusts should be removed; cut in 3-cornered shapes.

ROLLED BREAD AND BUTTER OR CHEESE SANDWICHES

Cut the bread very thin; remove all crust. Have the butter quite soft, or if cheese is being used be sure it is worked soft and seasoned; a few drops of milk can be used in mixing it, so that it can be easily spread; roll and wrap in wax paper until ready to use.

NEUFCHATEL CHEESE AND PEANUT BUTTER PASTE

1 Neufchatel or cream cheese.
½ teaspoon salt.
1 teaspoon chopped parsley.
¼ cup peanut butter.
Dash white pepper. Dash paprika

Mix all the ingredients and add milk enough to it so as to spread easily. Spread on thin slices of bran bread and press together, or spread with just peanut butter. Most persons are fond of peanuts or peanut butter.

Part III—Autumn Recipes

(October, November, December)

OYSTERS

OYSTER COCKTAIL

24 oysters.
1 tablespoon grated horseradish.
1 tablespoon tomato catsup.
1 teaspoon salt.
¼ teaspoon cayenne pepper.
¼ teaspoon paprika.
2 tablespoons lemon juice.

Mix all together thoroly. This is enough for 6 cocktails. Serve the mixture in sherbet glasses in center of soup plate, with finely crushed ice around and 4 oysters on top of ice, with extra slice of lemon and a sprig of parsley.

FRIED OYSTERS

Drain 25 oysters in colander, then dip in fine breadcrumbs, laying oysters separately, so as not to lay on one another, after they have been dipped in breadcrumbs the first time. Beat 2 eggs with 2 tablespoons milk and a teaspoon pepper. Very carefully pick up the oysters and put in the egg; remove from egg and dip in breadcrumbs; fry in deep fat, very hot (smoking hot); drain on tissue toweling or blotting paper; when all are fried dust with a little salt.

OYSTER STEW

20 medium-sized oysters.
2 cups milk.
1 level teaspoon butter.
1 level teaspoon salt.
A few grains of red pepper, or a dash of white pepper.

Drain the oysters; put in a shallow pan; bring to boil quickly. Add the butter, salt, pepper and milk, which must be at the boiling point. The milk is put on fire before the oysters, as it takes the 2 cups of milk longer to come to a boil than it does the 20 oysters. The quicker one brings the oysters to a boil the better they will be. Serve with oyster or the old-fashioned water crackers. It adds much to the stew if the crackers are heated, as the cold crackers chill the stew. This amount fills 4 average soup plates.

OYSTER CHOWDER

1 quart milk.
25 oysters.
1 quart diced white potatoes.
1 tablespoon drippings or butter substitute.
1 cup cracker crumbs or dried breadcrumbs.
1 teaspoon salt.
⅛ teaspoon pepper.
2 tablespoons finely chopped parsley.

Bring the oysters to a boil, drain (save the stock for chowder) and chop oysters in small pieces; add to the potatoes, which have been boiled until tender in very little water.

Put drippings or butter substitute in pan, add the flour, stir until smooth, then add to potatoes and oysters. Add hot milk, oyster stock and seasoning. Just before serving add crumbs and parsley.

CREAMED OYSTERS

30 medium-sized oysters.
1 tablespoon butter substitute.
1 tablespoon flour.
1 cup milk. 1 teaspoon salt.
A few grains red pepper or a little white pepper.
Small piece of whole mace.
6 thin slices of toasted bread.

Drain the oysters; put in shallow pan over quick fire. As soon as the gills curl, cover with sauce and boil 3 minutes.

Sauce.—Put butter into pan over fire, and when melted remove. Add flour and mace and stir smooth. Return to fire and add cold milk slowly, stirring until smooth and thick. Add salt and pepper. Remove the mace before serving.

BROILED OYSTERS, BROWN SAUCE

30 oysters.
2 tablespoons butter or substitute.
2 tablespoons flour. ½ teaspoon salt.
1½ cups milk. 1 teaspoon caramel.
6 thin slices toast.
Sprigs of parsley.
1 teaspoon table sauce.

The sauce for the oysters is made first and put in top of double boiler. It is made as follows:

Put the butter in pan; when melted add the flour and stir until mixed. Add milk or stock or half milk and half stock, seasoning and caramel. Stir until smooth and boil 5 minutes. Then put the griddle on fire, and when very hot brush with fat. The oysters are drained and dried with a piece of cheesecloth; then put them on hot griddle and brown quickly. Turn with cake turner or spatula. Dust with salt and paprika. Put into sauce at once. One must be careful not to put too many on the griddle at one time. Be sure to put into sauce as soon as they are browned.

ESCALLOPED OYSTERS

25 oysters.
2 cups breadcrumbs.
¼ cup milk.
2 tablespoons butter or oleomargarine.

Brush bakedish with butter or oleomargarine; cover the bottom with breadcrumbs, then lay the oysters in carefully; dust with salt and pepper and cover with the breadcrumbs; pour over the milk and dot with the remainder of the butter or oleomargarine. Bake in hot oven 20 to 25 minutes.

OYSTERS IN CASSEROLE

20 oysters.
2 cups breadcrumbs.
2 tablespoons butter substitute.
½ cup milk.
½ cup strained stewed tomatoes.
1 teaspoon salt.
Pepper to taste.

Brush casserole with butter substitute, put in a layer of breadcrumbs; drain and rinse the oysters and put half over breadcrumbs; season and add a little of the butter. Cover with layer of breadcrumbs, the remainder of oysters, seasoning and remainder of breadcrumbs; cover with milk; put in hot oven. Bake 40 minutes; then cover with seasoned, stewed, strained tomatoes. Serve in dish in which it is baked.

MASHED POTATO OYSTER PIE

20 oysters.
1 quart mashed potatoes.
2 tablespoons butter substitute.
1 teaspoon salt, a little pepper.
1 cup white sauce.

Brush bakedish with butter substitute; cover bottom with half the mashed potatoes. Drain the oysters and put them on potatoes; season and put a little butter substitute on each oyster. Cover with potatoes, smooth and brush top with a little cold milk. Bake 25 to 40 minutes. Serve with white sauce.

Note.—No milk is added to the potatoes when mashing.

MARYLAND OYSTERS

25 oysters. 2 eggs.
2 cups flour. 1 cup milk.
1 teaspoon baking powder.
1 teaspoon salt.
Dash white pepper.

Drain and rinse the oysters; lay between pieces of cheesecloth. Dip in batter and fry until brown on hot griddle, which has been brushed with drippings. Serve at once on hot platter; garnish with sprigs of parsley.

Batter

Sift the flour, baking powder, salt and pepper into bowl; add the milk to make a smooth batter; beat the eggs until light; add to the flour and beat well.

Do not stick oysters with a fork; lift the oysters in and out with a spoon. Use very little batter.

OLD-STYLE OYSTER SOUP

25 medium-sized oysters.
2 cups finely diced potatoes.
2 cups milk or 2 cups rice stock.
1 tablespoon finely cut parsley.
½ teaspoon salt.
Dash pepper.
Dash paprika.
1 teaspoon butter substitute.
1 teaspoon flour.

Put the potatoes on in 4 cups boiling water; boil until tender; drain and put in top of double boiler in which you have the boiling milk and rice stock. Add the oysters, which have been put thru the food chopper; then the onion juice, seasoning and parsley. Rub the butter substitute and flour until smooth, add and boil 5 minutes.

SOUPS

ENGLISH BEEF SOUP

1½ pounds soup meat.
1 cup finely diced carrots.
2 cups dried peas.
2 cups diced potatoes.
¼ cup finely cut onion.
¼ cup pearl barley.
2 teaspoons salt. Pinch of red pepper.
½ teaspoon Worcestershire sauce. 1 tablespoon parsley.

Wash the meat, put in boiler with 3 quarts cold water, boil slowly 1 hour; add carrots, onion and barley and later the potatoes, salt, pepper and peas, which have been soaked overnight; boil 1 hour, then add Worcestershire sauce and parsley. Remove the meat, cut 1 cupful into small cubes. This makes a hearty soup. The remainder of the meat can be served separately.

CREAM OF HOMINY SOUP

1 cup boiled hominy.
3 cups milk. 1 tablespoon butter.
1 tablespoon salt.
1 teaspoon grated onion or ¼ teaspoon grated nutmeg.
1 teaspoon chopped parsley.
Paprika.

Rub the hominy thru wire strainer; add to hot milk, add seasoning and flour. If too granular, add 1 tablespoon of flour mixed with the melted butter. Boil 5 minutes. Dust with paprika and parsley.

CREAM OF CARROT SOUP

2 cups carrots. 2 cups milk.
1 tablespoon butter.
1 tablespoon grated onion.
1 tablespoon flour. ½ teaspoon salt.
⅛ teaspoon white pepper.
1 tablespoon chopped parsley.

Wash and scrape the carrots, cut in small pieces, cover with boiling water, add ½ teaspoon salt and boil 20 to 30 minutes or until tender. Drain, saving water; mash thru wire strainer or fruit press. Put the milk in top of double boiler; as soon as it boils add the carrots and 2 cups of carrot stock; add the grated onion or onion juice, salt and pepper, the butter and flour, rubbed together until smooth, and boil 5 minutes; add the chopped parsley and serve.

LENTIL SOUP

4 cups lentils.
2 tablespoons finely cut bacon.
1 tablespoon finely cut onion.
1 cup diced potatoes.
1 tablespoon chopped parsley.
1 tablespoon salt.
⅛ teaspoon white pepper.
1 tablespoon flour.

Wash the lentils, cover with cold water and soak overnight. Drain and rinse. Put on to boil with 8 cups boiling water; boil slowly 3½ hours. Then add the diced potatoes; put the bacon and onion in frypan, fry slowly, but do not brown; add to the lentils and potatoes; boil 30 minutes; add the salt, pepper and parsley; mix the flour with a little cold water and add to the soup, boil 3 minutes.

OXTAIL SOUP

1 oxtail cut in small pieces.
½ cup cut onion.
½ cup finely cut carrot.
2 tablespoons barley.
1 cup diced potatoes.
1 tablespoon salt.
¼ teaspoon white pepper.
Dash paprika.
1 teaspoon sweet marjoram.
1 tablespoon finely cut parsley.

The oxtail should be chopped at each joint, making the pieces from 1 to 2 inches long; wash well in 2 or 3 waters; put on with the barley to boil with 2½ quarts cold water; boil slowly 2 hours, then add onion, carrot, salt and pepper; boil 20 minutes. Add potatoes and boil 25 minutes; add paprika, parsley, marjoram, caramel, and serve with the pieces of oxtail. Meat is not necessary when having this soup, which is both nutritious and cheap.

CREAM OF CELERY SOUP

Take the coarse outer stalks, scrub well and cut in ½-inch lengths. Put into a saucepan; cover with boiling water and boil under tender, but do not cover. Drain and save the water. Mash the celery thru a colander; return to the water and boil 10 minutes. Then strain into double boiler and to each cup of the celery water add 1 cup of boiling milk. Season to taste with salt and pepper, and to each pint add 1 teaspoon of butter and 1 teaspoon of flour rubbed together. Boil 5 minutes, and serve with a little of the chopped green on top.

CHICKEN BROTH

Put the back, neck, wing tips, gizzard, liver and heart on with 1½ quarts cold water; add a small piece of onion; cook slowly 1½ hours. Add 1 teaspoon salt, dash white pepper, 1 teaspoon chopped parsley and a little caramel.

CLEAR SOUP

Wipe a shinbone with a wet cloth, put in saucepan with 2 quarts cold water, add a small piece of onion, a small piece of carrot, 1 teaspoon salt, a dash of pepper and boil slowly for 1 hour. You can add 1 tablespoon of caramel to make it a rich brown and seasoning to taste. Strain thru a piece of cheesecloth. There should be 6 cupfuls.

POTATO SOUP

1 quart potatoes.
2 cups rice stock. 2 cups milk.
1 cup finely chopped onion.
½ teaspoon grated nutmeg.
A little pepper.
1 tablespoon butter or oleomargarine.
1 tablespoon flour.
1 tablespoon chopped parsley.

Wash, pare and boil the potatoes, drain and mash; add the milk, onion, nutmeg, salt and pepper; mash thru wire strainer; then place over fire and add the butter and flour rubbed well together until smooth; boil 3 minutes, stirring constantly. Sprinkle with the parsley and dust with paprika.

PUREE OF KIDNEY OR WHITE BEAN

2 cups beans.
2 tablespoons finely cut scallions.
2 tablespoons finely cut bacon or drippings.
2 teaspoons salt.
Dash of white pepper.
2 tablespoons chopped parsley.
1 teaspoon thyme.

Soak the beans in cold water overnight; drain. Put into saucepan with boiling water to cover and boil slowly 2 hours the onion and bacon, which have been fried until light brown, or drippings; boil 15 minutes; add the salt, pepper, parsley, thyme and boil 5 minutes. A little thickening can be added to make it creamy.

LENTIL CHOWDER

2 cups lentils.
2 tablespoons finely cut onion.
1 cup stewed tomatoes. 1 teaspoon salt.
Dash white pepper.
1 tablespoon finely chopped parsley.
1 tablespoon butter.

Wash the lentils and soak overnight; the next day put on to boil with 6 cups boiling water; add the onion and boil slowly 2 hours, or until very tender. Drain; add the strained tomato, salt, pepper, butter and parsley; mix well and boil 3 minutes.

PEPPER POT

1 pound boiled tripe.
2 cups diced raw potatoes.
2 cups dumplings.
2 cups diced carrots.
¼ cup finely cut onion.
1 teaspoon salt.
⅛ teaspoon pepper.
1 tablespoon finely cut parsley or celery top.
1 tablespoon dried sweet marjoram.

Wash, scald, drain and cut the tripe in ½-inch dices; put in 1 quart of stock; add potatoes, onions and boil 30 minutes; add vegetable stock to make 2 quarts, then add the seasoning, flavoring and dumplings; boil 10 minutes.

Dumplings are made as follows: Sift 1 cupful flour, 1 teaspoon baking powder, ¼ teaspoon salt into bowl; add enough cold milk to hold together. Dust board with flour and roll out ¼ inch thick; cut with knife into ¼-inch strips and cut crosswise again, making the dumplings before boiling ¼ inch square.

FISH CHOWDER

1 pound steakfish.
1 quart diced white potatoes.
1 cup cut onions.
1 tablespoon drippings.
1 cup cracker or dried breadcrumbs.
2 cups rice stock or milk or half stock and half milk.
2 tablespoons flour. 2 tablespoons salt.
⅛ teaspoon pepper.
2 tablespoons finely chopped parsley.

Boil and pick the fish into small pieces; add to the potatoes and onions, which have been boiled until tender in very little water. Put drippings in pan, add the flour, stir until smooth, then add to the potatoes and fish. Add rice and seasoning; just before serving add crumbs and parsley.

FISH

FISH WITH RICE, ONIONS AND CURRY SAUCE

Steakfish or any other fish from which the bones have been removed can be used.

2½ pounds trimmed fish.
1 cup rice.
1 quart small onions or cut onions.
2 cups tomato pulp.
½ cup chopped green peppers or pimento.
1 tablespoon curry powder or 1 teaspoon dry yellow mustard. mustard.
1 tablespoon flour.
2 tablespoons oleomargarine.
1 teaspoon salt or salt and pepper to taste.

Boil and blanch the rice as usual; spread on hot platter, cover the center of rice with the fish that has been seasoned and fried nice and brown. Peel and boil the onions in a very little water with a little salt until tender and put them around the rice and fish. Cover with sauce made as follows:

Put oil or oleomargarine into small saucepan, add green peppers, cook a few minutes, then add flour and mix until smooth. Add 1 cup of stock in which the onions were cooked, the curry, which is mixed with a little cold water, and boil. Add the tomato pulp. It must be the consistency of thick gravy. Garnish with sprigs of parsley.

FISH CUTLETS, TOMATO SAUCE

2 cups cold fish.
1 cup thick, white sauce.
1 tablespoon finely chopped parsley.
1 tablespoon chopped onions.
1 teaspoon Worcestershire sauce.
¼ teaspoon paprika.
1 egg.
Breadcrumbs or coarse cornmeal.
1 teaspoon salt.

Remove all skin and bone from fish; break into small pieces; add sauce and seasoning. Spread on plate until cold and firm. Take up 1 tablespoon in floured hands; mold into cone shapes or oblong; dip in egg, which has been beaten with 1 tablespoon of milk. Be sure the cutlet is covered with egg. Then dip in breadcrumbs or cornmeal and fry in hot drippings or oil. The cutlets can be made and dipped in the morning. Then all one needs to do is to fry them at dinner time. Serve with tomato sauce.

ESCALLOPED FISH

2 cups any fish after boiling.
1 cup fresh breadcrumbs.
2 cups cream sauce.
1 tablespoon grated onion.
2 tablespoons finely cut parsley.
2 teaspoons salt.
¼ teaspoon paprika.
1 teaspoon Worcestershire sauce.
2 teaspoons butter or oleomargarine.

Brush earthenware dish with butter; sprinkle with half the breadcrumbs, then cover with the flaked fish, from which all skin and bone have been removed, then the remainder of breadcrumbs. Cover with cream sauce to which you have added the onion, salt, pepper, paprika, half the parsley and Worcestershire sauce. Bake uncovered for 30 minutes in a moderate oven. Sprinkle with parsley. The cream sauce is made as usual.

FILET OF FLOUNDER, TOMATO SAUCE

Remove all skin and bone from a flounder. A 2-pound flounder will cut into 8 pieces. It is best cut into small pieces to remove the skin.

2 pounds flounder.
1 egg. 1 cup breadcrumbs.
1 teaspoon salt.
⅛ teaspoon white pepper.

Wash and dry fish on piece of cheesecloth; dust with salt and pepper, dredge with flour; dip in egg, which has been beaten with 1 tablespoon cold milk; then dip in breadcrumbs; fry in deep, hot fat; drain on paper.

FISH HASH WITH POTATOES

If there is any left-over fish, remove all skin and bone and pick into small pieces. To each ½ cup of fish add 1 cup cold boiled potatoes, chopped fine. Put a tablespoon of chopped onion in drippings, fry a few minutes, then add potato and fish. Hash same as hashed brown potatoes; add salt, pepper and finely chopped parsley to taste. If too dry add a little milk. This makes a very good dish.

CODFISH LOAF, TOMATO SAUCE

1 package shredded codfish.
1 quart mashed potatoes.
1 cup cream sauce.
⅛ teaspoon paprika.
1 teaspoon grated onion.
1 teaspoon butter substitute.

Put the shredded codfish into bowl; cover with boiling water and let stand until cool; then press until dry and add to the hot mashed potatoes; mix well, and add the cream sauce, onion, paprika. Beat all well together until light, the same as mashed potatoes.

Brush bakedish with melted butter substitute and put in mixture; rough the top with fork; place in oven and bake 25 minutes or until brown.

CODFISH CAKES, TOMATO SAUCE

2 cups salt codfish.
1 quart mashed potatoes.
½ cup milk.
1 tablespoon grated onion.
¼ teaspoon pepper.
2 teaspoons butter or butter substitute.

Wash and soak the codfish 20 minutes in cold water. Put on slow fire in fresh, cold water, and bring to the boiling point; remove all bones and put thru the food chopper; add the mashed potatoes, onion, butter substitute, pepper and half the milk; mix and form into cakes, with floured hands. Fry a nice brown on both sides in a little drippings.

BAKED SALMON LOAF

1 can salmon.
1 quart mashed potatoes.
1 cup cream sauce.
⅛ teaspoon paprika.
1 teaspoon grated onion.
1 teaspoon butter.

Mix the salmon and mashed potatoes; add the cream sauce, onion and paprika; beat all well together. Brush bakedish with melted butter and put mixture in; rough top with fork; place in oven and bake 25 minutes or until brown.

CREAMED CANNED SALMON ON RICE

1 cup cream sauce. Parsley.
1 can salmon. 1 cup rice.
Salt and pepper to taste.

The rice is washed well, boiled in 4 quarts of water for 25 minutes, drained and blanched and spread on platter, sprinkled with salt. Place the can of salmon in boiling water and boil 15 minutes, open and place in center of rice. The cream sauce is made as usual and poured over the fish; sprinkle with parsley.

SALMON CREOLE

1 cup salmon. 1 cup rice.
2 tablespoons butter substitute.
1 cup canned tomatoes.
½ cup cut onion.
2 teaspoons salt. 2 teaspoons sugar.
½ chopped green pepper.
⅛ teaspoon paprika. Parsley.

The rice is boiled, blanched and drained as usual; sprinkle with salt. Sauce is made as follows:

Put the fat, onion and pepper in pan; add the tomatoes; season to taste and fry until well done, but not too brown; add ½ cup rice stock; boil 3 minutes; add rice; mix well; put on chop plate.

The salmon is heated in can and placed on center of rice; sprinkle all with chopped parsley and garnish with slices of lemon. One teaspoon of curry powder or dry mustard can be added to the sauce if desired.

SALMON CROQUETTES

1 cup salmon.
1 cup white sauce.
1 tablespoon finely chopped green pepper.
⅛ teaspoon pepper.
1 teaspoon Worcestershire sauce.
2 eggs. ½ cup breadcrumbs.

Drain the salmon, remove all skin and bone, chop fine, add sauce and seasoning; mix well and spread on platter; set aside until cold and stiff. Take a spoonful in hands and mold into croquettes; roll in egg and then in breadcrumbs; fry in hot fat. Serve with sliced tomato sauce; or the mixture can be baked in custard cups, turned out and served as if fried.

DEVILED SALMON

1 cup salmon.
2 cups cream sauce.
1 tablespoon Worcestershire sauce.
2 tablespoons grated onion or nutmeg.
2 tablespoons chopped green pepper.
2 tablespoons chopped parsley.
1 teaspoon salt.
¼ teaspoon paprika.
1 teaspoon butter or butter substitute.
1 cup breadcrumbs.

Boil the can of fish for 15 minutes, open and remove all skin and bone. Put the flake in bowl; add the cream sauce, onion, parsley, pepper, salt and paprika and Worcestershire sauce; mix lightly, so as not to break the fish. Brush shallow earthen dish with drippings, fill with fish and cover with breadcrumbs; bake in moderate oven 30 minutes; serve in dish in which it is baked.

MEATS

BEANS WITH PORK CHOPS

1 pound beans.
1 pound pork chops (5 to pound).
1 teaspoon salt.
⅛ teaspoon pepper.
1 tablespoon molasses.

Soak the beans 24 hours, boil slowly from 3 to 4 hours. Some beans will cook tender in less than an hour. It is always best to be on the safe side; therefore, put them on early. If tender in 1 hour, put on back of stove until ready to serve; then drain and put into shallow pan; season to taste and place pork chops on top. Bake from 30 to 45 minutes after adding 1 tablespoon of molasses and 1 cup of bean stock. Season and baste the chops.

BREADED PORK CHOPS

1 pound loin or rib chops, cut very thin.
1 egg. 3 tablespoons flour.
1 cup dry breadcrumbs.
Salt, pepper and fat or oil for frying.

The chops must be small, lean and cut very thin. Dust with salt, pepper and dip in flour. Then dip in egg, which has been beaten with one tablespoon of cold milk; then in breadcrumbs. Fry in deep, hot fat. Lay on tissue toweling or brown paper. Place in hot oven 10 to 15 minutes. The reason for putting in oven is to make sure the pork is well done. If the chops are small and cut thin, there will be five chops to the pound.

PORK CHOPS WITH SWEET POTATOES

With cold weather one thinks of pork chops or roast pork. Nothing is quite so good with pork as sweet potatoes, hominy and apple sauce.

Much depends on how the pork chops are fried. First, they should be cut thin. The pan must be very hot, and if chops are fat, no dripping is needed. Put chops in the hot pan and keep turning constantly until well seared on both sides. Reduce the heat and fry until well done; the time depends on the thickness of chops and the amount of heat.

The sweet potatoes are boiled with the skins on, then skinned and put thru press or ricer on to hot platter. Dust with salt and pepper; the chops are put in center and gravy around the potatoes. All is sprinkled with parsley.

ROAST LOIN PORK WITH SAGE DRESSING

Wipe the loin of pork with wet cloth; have the bone removed. Put into very hot oven for 20 minutes or until well seared. Then add 1 teaspoon salt, dash pepper and 1 cup cold water. Roast slowly 2 hours. Add water as it is necessary. You must have 2 cups of gravy. To the pan of gravy add 1 tablespoon flour wet with cold water, 1 tablespoon caramel and salt and pepper to taste. Add 1 teaspoon sage and boil 2 minutes.

HOMEMADE SAUSAGE

10 pounds finely chopped pork with a little fat.
2 tablespoons of salt.
1 teaspoon pepper.
2 tablespoons powdered sage.
Melted pork fat.

Fry out enough pork fat to make sufficient to pour over the jars of sausage. Chop the remaining lean and fat, add the seasonings and blend them very thoroly with the meat. Pack in jars or crocks and pour over the top a thick layer of fat. It is best to use jars or crocks that are small enough, so that after the sealing of fat is broken they will be used within a few days. Keep in a cold place.

FRIED SAUSAGE

Cut the sausage into pieces ¼ inch thick; put into frypan, fry slowly, removing the drippings constantly until cooked thru and brown. Place on hot platter and garnish with sprigs of parsley.

MEAT PIE WITH POTATOES

1 pound stewing beef.
1 quart small or cut potatoes.
¼ cup cut onions.
2 teaspoons salt.
Dash paprika.
2 tablespoons cut parsley.
2 tablespoons flour.

Put the meat on in 1 quart of water; boil 1 hour; add onion, salt and paprika; boil 30 minutes. Add the potatoes and boil 30 minutes; mix the flour with a little cold water and add to meat and potatoes. Pour in bakedish, sprinkle with parsley and cover with dough. Brush with milk and place in hot oven 20 minutes.

Dough is made as follows:
1 cup flour.
½ teaspoon salt.
1 teaspoon baking powder.
1 tablespoon beef suet put thru food chopper or cut very fine.
¼ cup cold milk.

Sift flour, baking powder and salt into bowl, add suet and mix well; add cold milk to hold together; put the dough on floured plate and pat it the size of top of bakedish. There is no bottom crust to this pie.

FRENCH STEW WITH VEGETABLES

¾ pound stewing beef.
1 quart potatoes.
½ cup cut onion. 2 cups carrot.
1 cup tomatoes. 2 tablespoons flour.
1 tablespoon chopped parsley.
1 tablespoon caramel.
1 teaspoon salt. Dash paprika.

Wipe the beef, cut into 1-inch pieces, put into boiler and add ½ quart of boiling water; boil slowly 30 minutes; add the onion and carrots, which have been cut small; boil 20 minutes; add the potatoes, tomatoes, salt and pepper; boil 25 minutes; mix the flour with a little cold water, add and boil 3 minutes; add caramel and parsley.

SUET DUMPLINGS TO SERVE WITH STEWS

1 cup finely chopped beef suet.
2 cups flour.
2 teaspoons baking powder.
½ teaspoon salt.

The suet is put thru food chopper, then added to flour, which has been sifted with baking powder and salt. Rub together with tips of fingers, then add enough cold water to make a stiff dough. Take a tablespoon and roll into ball in floured hands. Place in colander or strainer over boiling water; steam 1½ hours.

STEWED KIDNEYS

1 beef kidney.
2 tablespoons oleomargarine or drippings.
2 tablespoons finely cut onion.
2 tablespoons flour.
1 tablespoon lemon juice.
1 teaspoon salt, pepper to taste.
¼ teaspoon powdered mace.

Slice the kidney into thin pieces; remove all fat and veins, put into bowl, cover with warm water and a little salt; let stand 1 hour; drain and cover with cold water, put on to boil and boil slowly 30 minutes; drain.

Put fat, onion and kidney into frypan and fry until onion is cooked, but not brown; sprinkle with flour; stir until each piece of kidney has some flour on it, then add 1½ cups cold vegetable stock or water; stir until it has thickened; add salt, pepper, lemon juice and mace; let simmer 15 minutes.

Make a border of mashed potatoes on hot platter and put the kidney in center; sprinkle with parsley and paprika.

A little catsup or table sauce adds much to the kidney stew.

FRIED TRIPE

1 pound boiled tripe.
1 egg, breadcrumbs, salt and pepper, onion.

Cut the tripe into small, dainty-sized pieces. Put on to boil until very tender; drain and dry on a piece of cheesecloth; sprinkle with salt and pepper, dip in flour, then in well-beaten egg, to which add 1 tablespoon of milk, and 1 teaspoon of scraped onion; then dip in breadcrumbs. Fry in hot drippings or cooking oil.

PICKLED TRIPE

1 pound tripe.
1 cup vinegar.
1 cup water.
1 cup sliced onion.
½ tablespoon each of whole cloves, allspice and mustard seed.
2 pieces of mace.
2 bay leaves.
Salt and pepper to taste.

Put vinegar, water and spices on to boil; boil 15 minutes, pour over the tripe, which has been boiled until tender, and cut in very thin 1-inch strips; add sliced onion, mix well and pack into glass jars or stone crock. This can be served on shredded lettuce or served with border of finely shredded lettuce.

TRIPE AND OYSTERS

1 pound boiled tripe.
15 oysters.
2 tablespoons butter substitute.
2 tablespoons flour.
2 cups milk.
1 teaspoon grated nutmeg.
1 teaspoon salt.
¼ teaspoon pepper.

Cut the boiled tripe into inch squares, wash and scald. Put into saucepan with boiling water to cover and boil slowly 30 minutes; drain and cover with cream sauce. Drain and rinse the oysters, put into shallow pan, and bring to a boil very quickly, keeping the pan in motion constantly until the gills curl; drain and add the tripe. The liquid is used for oyster broth.

Sauce: Put the butter into saucepan, melt, add the flour and mix well, then add the cold milk slowly, stirring until smooth and creamy; add the salt, pepper and nutmeg; boil 2 minutes.

MEAT SUBSTITUTES

FRICASSEE RABBIT

When skinning a rabbit be sure the skin is turned inside out, so there will be no fur (hairs) on the meat.

Rub the meat with coarse towel. Wash in cold water and cut the rabbit in 8 pieces; 2 hindquarters, 2 forequarters and back in 4 pieces.

Put 2 tablespoons drippings in Dutch oven or iron boiler. When hot, add the pieces of rabbit, which have been seasoned and dipped in flour. When nice and brown cover with 2 cups of boiling water; add 2 tablespoons cut onion. Cover and cook slowly 2 hours. When tender, remove the rabbit, put on platter and add to the gravy (there should be 2 cupfuls) 2 tablespoons of flour mixed with a little cold water. Boil 5 minutes. Pour some of the gravy over the rabbit; the remainder put in gravy boat. Garnish platter with candied sweet potatoes and chopped parsley.

FRIED RABBIT

The small young rabbits are cut same as in foregoing recipe, dusted with salt, pepper and flour and put in frypan with bacon or a little bacon drippings. The rabbits are browned on both sides, then add a half cupful of water or milk, cover and set on very slow fire or put in oven 15 or 20 minutes (it must be well done). A little more milk may be added to make the desired amount of gravy. Garnish with parsley or celery tops.

RABBIT PIE

Prepare the rabbit and cut into twelve pieces; put on in saucepan with enough boiling water to cover, add ¼ cup finely cut carrots and one teaspoon of salt and dash of pepper; cook slowly until tender; add one quart of potatoes, which have been diced fine; make a biscuit dough and line bakedish; pour in rabbit and potatoes. Sprinkle with chopped parsley, cover with crust and brush top with a little cold milk; bake 30 minutes or until brown.

How to make crust:

1½ cups flour.

1½ teaspoons baking powder.

1 tablespoon shortening.

½ teaspoon salt. ¼ cup milk.

Sift flour, baking powder and salt into bowl; rub in shortening very lightly, add milk to form a dough; divide and use half for bottom and half for top.

SMOTHERED RABBIT

Skin and remove the head and neck, wash very carefully. Be sure there is no fur on the meat (often in skinning the hairs get on, and they are troublesome to get off). Cut the rabbit down the back, then cut in six pieces, two hindquarters, two center or loin cuts and two forequarters. Wipe with piece of cheesecloth, dust with salt, pepper and flour, put one tablespoon of bacon drippings in Dutch oven, heavy boiler or iron frypan that has a fitted lid. If there are no bacon drippings use 2 or 3 slices of bacon and 1 tablespoon of cut onion; add the rabbit and slightly sear; add a little water, and from time to time there must be a little water added so the rabbit will not brown and to have a cupful of thickened gravy when finished.

Have about 4 cupfuls of mashed potatoes and make a ring around the platter with the potatoes, and put the rabbit in center, pour gravy over rabbit and sprinkle all with chopped celery tops and parsley.

SCRAPPLE

½ pig's head or set of pig's feet.
2 cups cut onion.
2 tablespoons cooking salt.
½ teaspoon pepper.
6 cups cornmeal.
3 cups buckwheat flour.
1 teaspoon powdered thyme.
1 teaspoon powdered summer savory.
1 teaspoon powdered sage.

Remove eyes and teeth from pig's head, or have the feet cleaned correctly. Wash well and put in boiler with 10 quarts of cold water. Add onion and boil until the meat and skin fall from the bones. Remove all the meat and chop or cut it quite fine. Strain the stock, so there will be no small bones; return stock and meat to boiler. When boiling, add the cornmeal very slowly, stirring constantly, and boil 1 hour. Add salt, pepper and buckwheat flour slowly, stirring constantly. Be careful the flour does not lump. Add thyme, summer savory and sage; boil 30 minutes, stirring often, so it will not burn. Pour into square pans and set in cold place 2 to 3 days. Remove the fat that forms on top and use it to brush griddle on which the scrapple is fried after it is cold.

This will keep a month in a cold place. Always dust with a little flour before frying.

VEAL SHOULDER WITH BROWN POTATOES

Purchase a 6 to 7 pound shoulder of veal, have the butcher cut a pocket in the meat, wipe with a piece of cheesecloth; fill and sew up. Place in roast pan, sprinkle with salt and pepper; put into hot oven and roast 1 hour, adding water as it is needed; there must be 2 cupfuls of gravy when finished; add the white potatoes, which have been washed and pared and parboiled; roast 30 minutes. Remove the meat to a hot platter, place the potatoes around the edge and pour the gravy around or serve in a gravy boat; garnish with sprigs of parsley.

Gravy

Add 2 tablespoons of flour wet with a little cold water to pan; add a half teaspoonful of salt, a dash of pepper and 1 tablespoon of caramel.

Filling

3 cups stale bread.
2 tablespoons finely chopped onion.
1 tablespoon drippings.
2 tablespoons parsley.
1 teaspoon salt.
⅛ teaspoon pepper.
Dash paprika.

Put the drippings and onion into pan; add the bread, which has been soaked in cold water and pressed dry between the hands; then add the salt, pepper, parsley and paprika; mix well and keep stirring until it has fried dry. Fill pocket and close.

VEAL CUTLET, RICE AND PEAS

When buying veal cutlet always have it cut thin. Cut into pieces (a medium-sized veal cutlet will make 6 to 8 pieces); dust with salt, pepper and flour; dip in egg (1 egg beaten with 1 tablespoon of milk), then in breadcrumbs. Fry in deep hot fat.

In the center of the platter put the correctly boiled and molded rice, placing the cutlet against the rice and the green peas around the edge.

BOSTON BAKED BEANS

1 pound beans.
¼ pound salt pork.
½ teaspoon dry mustard.
1 level tablespoon salt.
2 tablespoons molasses.
¼ teaspoon white pepper.

Wash and soak the beans overnight. Put half into bean pot, wash the salt pork and place in center; then add the rest of the beans, salt, pepper, mustard, molasses and 4 cups of cold water; cover, put into slow oven and bake 8 hours. Add more water if needed; they must not be dry. The mustard is a matter of taste and can be omitted.

BAKED LIMA BEANS

1 pound lima beans.
¼ pound salt pork or bacon.
2 tablespoons molasses.
1 tablespoon salt.
¼ teaspoon pepper.

Wash and soak the beans overnight. Put on in plenty of water and boil until tender; some beans will take longer than others. Drain the beans and put in bakepan with salt, pepper, molasses and bacon, which has been cut in thin strips and laid over top; put enough water to come up to top of beans. Put in moderate oven for 1 hour or until they are nice and brown.

BOILED WHITE BEANS, SUPREME

1 quart white beans.
1 tablespoon finely cut bacon or drippings.
1 tablespoon finely cut scallions.
1 teaspoon salt.
Dash white pepper.

Soak the beans overnight; change the water in the morning; drain, put into saucepan, cover with boiling water and boil slowly 2 hours uncovered; drain. Put the bacon and scallions into small frypan and fry slowly until light brown (not too hard); pour over the beans, add the salt and pepper and mix well. Serve hot. You can also add a little vinegar if you like it.

BAKED BEAN PIE

1 large can baked beans.
1 tablespoon scraped onion.
1 teaspoon salt. Pepper to taste.
1 teaspoon finely chopped parsley.

Drain the beans, add the seasoning and flavoring and line the baking dish with half the dough, made by the recipe which follows. Put in the beans, cover with other half of dough; brush top with milk and bake in hot oven for 30 minutes.

Dough

1½ cups flour.
1½ teaspoons baking powder.
½ teaspoon salt.
1 teaspoon shortening.

Sift dry ingredients into bowl, add shortening and rub lightly; add enough cold water to make a soft dough.

BEANS, SPANISH STYLE

2 cups kidney beans.
2 cups tomatoes.
1 cup finely cut onion.
½ cup pimento or green pepper.
3 tablespoons butter, oleomargarine or oil.
1 tablespoon flour.
2 teaspoons salt.

Soak the beans overnight, drain, cover with boiling water; boil slowly 1½ hours or until tender. Some beans take longer than others; drain and add the sauce, which is made as follows:

Put the butter or oil in frypan; add onion and pimento, and fry until tender, but not brown; then add the tomato, salt and flour, which have been mixed with a little cold water; boil 5 minutes. After pouring the sauce over the drained beans, simmer 10 minutes. Serve with border of correctly cooked boiled rice.

BEAN CROQUETTES

1 cup beans.
2 cups boiled rice.
1 tablespoon oleomargarine or drippings.
1 tablespoon salt.
2 tablespoons onion juice or chopped scallions.
¼ teaspoon nutmeg.
Dash white pepper.
1 teaspoon Worcestershire sauce.
1 tablespoon finely cut parsley.
1 egg.

Put the 4 cups of beans and rice thru food chopper, add the oleomargarine or drippings, salt, pepper, nutmeg, onion juice, Worcestershire sauce, parsley and mix well. Spread on platter to cool. Take spoonful into floured hands and form into cone shapes; dip in egg (1 egg beaten with 1 tablespoon cold milk), then in breadcrumbs and fry in deep fat.

FRIED MUSH WITH SAUCE

8 slices cornmeal mush, ½ inch thick.
2 cups strained and seasoned tomatoes, not thickened.
2 tablespoons grated cheese.
1 tablespoon chopped parsley.

Fry the mush nicely; put on platter that can be put in oven; pour over the hot tomato sauce and sprinkle with the cheese, put in hot oven 10 minutes. Sprinkle with parsley.

STEWED LENTILS

Wash 2 cups of lentils in cold water; soak overnight. Drain; cover with boiling water and boil slowly 2½ hours; drain. Put them in top of double boiler and add 1 tablespoon butter, 1 teaspoon onion juice, 1 teaspoon salt and a dash of white pepper; mix well and let stand 10 minutes before serving. You can use 2 tablespoons finely cut bacon, fried, instead of butter.
butter

LENTILS AND RICE

3 cups lentils.
1 cup rice. 1 cup tomato.
½ cup finely cut bacon.
2 tablespoons flour.
1 cup vegetable or rice stock.
2 teaspoons salt.
⅛ teaspoon white pepper.
Dash paprika.
2 tablespoons chopped parsley.

Wash and soak the lentils overnight, drain, cover with boiling water and boil 1 hour, or until tender (it depends on the age of the lentils). They can be boiled and drained at any time and reheated. Sprinkle with salt and dust with pepper, put in center of plate or chop plate. Wash, boil and blanch 1 cup of rice as usual, dust with salt and arrange around the lentils; cover the rice with the sauce, sprinkle with chopped parsley.

Sauce: Put the bacon in the pan with the onion and fry slowly, but do not brown; add the flour, mix well, then add the strained tomatoes and cup of onion or rice stock, ½ teaspoon salt, pepper and paprika. Boil until smooth. A little Worcestershire sauce adds to the flavor of the sauce.

VEGETABLES

CARROTS AND PEAS EN CASSEROLE

2 bunches (1 quart) cut carrots.
1 can green peas.
2 tablespoons finely cut onion.
1 tablespoon oil or drippings.
1 tablespoon finely cut parsley.
1 teaspoon salt.
Dash pepper.
1 tablespoon flour.

Wash, scrape and cut the carrots in fine dice; put in saucepan and cover with boiling water; boil 35 minutes or until tender; drain and save the stock for the sauce; add the peas; put into casserole with the carrots, cover with sauce, mix well; cover and place in moderate oven 25 minutes.

CAULIFLOWER A LA FOCH

Remove the center of the cauliflower, place in bowl of cold water, stem end up, and let it stand 30 minutes. Remove the green leaves from the outside, put them in plenty of boiling water and boil without a cover until tender. Some leaves will require 30 minutes and others 45 minutes or longer.

When the leaves are tender, pour into a colander and drain them. Chop fine, and to each 3 or 4 cupfuls of leaves add ¾ of a cupful of white sauce. Mix well and put in a round dish.

The flower is put into saucepan with the stem down, cover with boiling water and boil 20 to 25 minutes without a cover. When tender remove in one piece with a skimmer and place in the center of the creamed leaves. Put the remaining quarter cupful of sauce over the top of flower and dust with paprika.

ESCALLOPED CAULIFLOWER

Wash and boil the cauliflower until tender, put in bakedish, cover with cream sauce and layer of breadcrumbs and bake in oven until brown.

Sauce

Melt 1 tablespoon butter substitute in pan, add 1 tablespoon flour, 1 teaspoon salt, ⅛ teaspoon white pepper and mix thoroly; add 1 cup cold milk slowly, stirring until smooth and creamy. Cook 3 minutes.

CAULIFLOWER WITH CHEESE

1 medium-sized cauliflower.
1 cup grated sharp cheese.
1 cup fresh breadcrumbs.
1 cup milk.
1 rounded tablespoon flour.
1 rounded tablespoon butter.
1 teaspoon salt.
⅛ teaspoon pepper.
Paprika to taste.

Remove the flower from leaves; put in cold water, stem up; let stand half hour. Put on in boiling water to cover, with stem end down, and boil 20 to 25 minutes. Remove carefully, separate the flowerets; put in bakedish; cover with cheese sauce, then breadcrumbs; put in hot oven; bake 20 minutes. Serve in dish in which it is baked.

CAULIFLOWER, SAUCE HOLLANDAISE

The cauliflower is boiled as usual. Carefully remove and cover with Hollandaise sauce and serve at once.

Hollandaise Sauce

4 tablespoons pure olive oil or melted butter.
1 tablespoon flour.
2 egg yolks.
½ teaspoon salt.
⅛ teaspoon pepper.
2 tablespoons tarragon vinegar or lemon juice.
1 tablespoon chopped onion.
1 cup boiling water.

Put the onion in the vinegar; bring to the boiling point and cool. Rub the oil and flour together; add gradually the water; stir until boiling; add the strained vinegar. Take from the fire; stir in gradually the yolks of the eggs. Heat very gently just a moment; add the salt and pepper.

BRAISED CELERY

Wash and scrape the outside pieces of celery and cut into 2-inch pieces; cover with boiling water and boil 20 minutes; drain, put 1 tablespoon of fat, bacon, ham, butter, oil or oleomargarine into shallow pan and add the parboiled celery (1 quart to the tablespoon of fat). Place over hot fire a few minutes, stirring or shaking the pan constantly until the celery is slightly browned. Season with salt and pepper and add 1 cup of the water in which the celery was cooked. Cover the pan and cook slowly 30 minutes; add a little flour thickening. Serve on toast and dust with paprika.

STEWED CELERY

Wash and cut into ½-inch pieces the coarse outer pieces of celery; put into saucepan, cover with boiling water and boil until tender; drain and to 1 cup of celery water add 1 tablespoon flour and 1 tablespoon butter, rubbed together until smooth. Add ½ teaspoon salt and a dash white pepper, pour over the celery and mix well. Boil 10 minutes.

CELERY AU GRATIN

Clean the celery, cut into ½-inch pieces, put into saucepan and cover with boiling water. Boil 30 to 40 minutes or until tender in uncovered pan. Drain, pour into bakedish brushed with a little butter; pour over the cream sauce and cover with 2 tablespoons grated cheese, or you can add the cheese to the sauce. Bake in hot oven until brown. Save the celery water for soup or basting meats.

BRUSSELS SPROUTS, CREAM SAUCE

1 quart Brussels sprouts.
1 tablespoon butter. 1 tablespoon flour.
1 cup cold milk. 1 teaspoon salt.
Dash white pepper.

Wash and clean the Brussels sprouts; lay in cold water 1 hour; drain. Put over fire in saucepan of boiling water and boil 35 to 40 minutes without a cover. Drain and cover with a sauce.

BRUSSELS SPROUTS, HOLLANDAISE SAUCE

1 quart Brussels sprouts.
1 tablespoon flour.
1 cup cold milk. 1 teaspoon salt.
Dash white pepper.

Wash and clean the Brussels sprouts; lay in cold water 1 hour; drain. Put over fire in saucepan of boiling water and boil 35 to 40 minutes without a cover. Drain and cover with a sauce.

Hollandaise Sauce

2 tablespoons butter or butter substitute.
1 tablespoon of flour. 2 eggs.
½ teaspoon salt. ⅛ teaspoon pepper.
2 tablespoons tarragon vinegar or lemon juice.
1 tablespoon chopped onion.
1 cup boiling water.

Put the onion in the vinegar, bring to the boiling point and cool. Rub butter or butter substitute and flour together, add gradually the water, stir until boiling and add the strained vinegar. Take from the fire; stir in gradually the beaten yolks of eggs. Heat very gently just a moment; add the salt and pepper; then strain.

ONION CHOWDER

1 quart of onions.
2 cups milk.
1 teaspoon butter substitute.
1 teaspoon flour.
2 teaspoons finely cut parsley.
⅛ teaspoon white pepper or paprika.
1 teaspoon salt.

Wash, pare and cut the onions in small pieces; put in saucepan and cover with boiling water; boil until the onions are very tender (the water will have boiled down to about 8 cups), add milk, butter substitute and flour, which have been rubbed together until smooth; boil 3 minutes; add salt, pepper and parsley.

ESCALLOPED ONIONS

1 quart onions.
1 tablespoon butter or substitute.
1 tablespoon flour. 1 cup milk.
1½ teaspoons salt.
Dash white pepper, ½ cup breadcrumbs.

Put onions into pan of cold water, peel and cut into ¼-inch rings. Put into saucepan of boiling water and boil 20 minutes or until tender. Drain, saving stock for use later. Brush bakedish with butter, sprinkle with breadcrumbs, put in onions, pour over the cream sauce, cover with breadcrumbs and bake in hot oven until light brown.

SMOTHERED ONIONS FOR LIVER OR STEW

To smother onions without fat: Peel the onions and cut into thin slices, the round way, so that when cooked they will separate and be in rings. Brush bakedish or casserole with oil or drippings; put in onions; season to taste; cover and put into moderate oven about 1 hour, or until onions are tender. They will be a light brown.

Note: If the onions are pared in cold water and sliced at once, no water is needed, but if onions are pared dry, then add 2 tablespoons of water to each quart of onions.

CREAMED TURNIPS

1 quart turnips.
1 tablespoon butter.
1 tablespoon flour. 1 cup milk.
1 teaspoon salt. Dash pepper.

Wash, pare and cut the turnips into ½-inch dice. Put on in boiling water, enough to cover, and boil until tender. Drain and pour over the cream sauce; mix well.

Cream Sauce

Put the butter into saucepan and when melted add the flour, mix well and add the cold milk slowly; stir until smooth and creamy; add the salt and pepper; boil 2 minutes.

MASHED YELLOW TURNIPS

Wash and pare 1 quart of yellow turnips; put on to boil with boiling water enough to cover and boil until tender. Drain, mash and add 1 teaspoon salt and a dash of white pepper.

SWEET POTATOES EN CASSEROLE

1 quart parboiled sweet potatoes.
½ cup brown sugar.
1 cup boiling water.
1 tablespoon drippings, butter or butter substitute.
1 level teaspoon cinnamon.
¼ teaspoon ginger.
1 level teaspoon salt.

Boil potatoes 10 minutes; skin and cut into ½-inch slices. Put in casserole, cover with sugar; add seasoning and flavor. Put drippings on top and cover and put in moderate oven 1 hour; then remove cover and brown slightly. Serve in dish in which they are baked.

DEVILED SWEET POTATOES

Select long, large-sized sweet potatoes, wash and dry, then rub with a little drippings or oil. Put in hot oven and bake until tender. With sharp knife cut in half the long way. Remove the potato from the shell with silver fork into warm bowl, add salt and pepper to taste.

To each cup of potato add 1 teaspoon very finely chopped parsley and a little melted butter. Mix well and fill the shell with mixture. Round the top and rough with fork. Brush top with well-beaten egg and place in hot oven and brown nicely.

If directions are followed these are very attractive.

PANNED SWEET POTATOES

1 quart sweet potatoes.
1 tablespoon butter or oleomargarine.
½ teaspoon salt.
⅛ teaspoon white pepper.

Wash, boil the potatoes, skin, cut into slices ½ inch thick; brush bakedish with a little butter or oleomargarine; lay the sweet potatoes in; dust each layer with salt and pepper, sugar and a little butter or oleomargarine; there should be about 3 layers; add 2 tablespoons water and bake 20 minutes.

ESCALLOPED ONIONS

1 quart onions.
1 tablespoon butter or substitute.
1 tablespoon flour. 1 cup milk.
1½ teaspoons salt.
Dash white pepper, ½ cup breadcrumbs.

Put onions into pan of cold water, peel and cut into ¼-inch rings. Put into saucepan of boiling water and boil 20 minutes or until tender. Drain, saving stock for use later. Brush bakedish with butter, sprinkle with breadcrumbs, put in onions, pour over the cream sauce, cover with breadcrumbs and bake in hot oven until light brown.

SMOTHERED ONIONS FOR LIVER OR STEW

To smother onions without fat: Peel the onions and cut into thin slices, the round way, so that when cooked they will separate and be in rings. Brush bakedish or casserole with oil or drippings; put in onions; season to taste; cover and put into moderate oven about 1 hour, or until onions are tender. They will be a light brown.

Note: If the onions are pared in cold water and sliced at once, no water is needed, but if onions are pared dry, then add 2 tablespoons of water to each quart of onions.

CREAMED TURNIPS

1 quart turnips.
1 tablespoon butter.
1 tablespoon flour. 1 cup milk.
1 teaspoon salt. Dash pepper.

Wash, pare and cut the turnips into ½-inch dice. Put on in boiling water, enough to cover, and boil until tender. Drain and pour over the cream sauce; mix well.

Cream Sauce

Put the butter into saucepan and when melted add the flour, mix well and add the cold milk slowly; stir until smooth and creamy; add the salt and pepper; boil 2 minutes.

MASHED YELLOW TURNIPS

Wash and pare 1 quart of yellow turnips; put on to boil with boiling water enough to cover and boil until tender. Drain, mash and add 1 teaspoon salt and a dash of white pepper.

SWEET POTATOES EN CASSEROLE

1 quart parboiled sweet potatoes.
½ cup brown sugar.
1 cup boiling water.
1 tablespoon drippings, butter or butter substitute.
1 level teaspoon cinnamon.
¼ teaspoon ginger.
1 level teaspoon salt.

Boil potatoes 10 minutes; skin and cut into ½-inch slices. Put in casserole, cover with sugar; add seasoning and flavor. Put drippings on top and cover and put in moderate oven 1 hour; then remove cover and brown slightly. Serve in dish in which they are baked.

DEVILED SWEET POTATOES

Select long, large-sized sweet potatoes, wash and dry, then rub with a little drippings or oil. Put in hot oven and bake until tender. With sharp knife cut in half the long way. Remove the potato from the shell with silver fork into warm bowl, add salt and pepper to taste.

To each cup of potato add 1 teaspoon very finely chopped parsley and a little melted butter. Mix well and fill the shell with mixture. Round the top and rough with fork. Brush top with well-beaten egg and place in hot oven and brown nicely.

If directions are followed these are very attractive.

PANNED SWEET POTATOES

1 quart sweet potatoes.
1 tablespoon butter or oleomargarine.
½ teaspoon salt.
⅛ teaspoon white pepper.

Wash, boil the potatoes, skin, cut into slices ½ inch thick; brush bakedish with a little butter or oleomargarine; lay the sweet potatoes in; dust each layer with salt and pepper, sugar and a little butter or oleomargarine; there should be about 3 layers; add 2 tablespoons water and bake 20 minutes.

SWEET POTATO PUFFS

¼ peck sweet potatoes.
½ teaspoon salt.
Dash white pepper.
2 teaspoons butter.
1 teaspoon chopped parsley.

Wash and boil the sweet potatoes 20 minutes; drain, when cold, skin and mash. Add salt, pepper, parsley and 1 teaspoon butter and beat until light. Brush 6 muffin tins with butter, fill with the sweet potatoes and bake until a light brown.

POTATO CROQUETTES

1 quart potatoes.
½ teaspoon salt. Dash pepper.
1 teaspoon chopped parsley.
1 teaspoon butter. Breadcrumbs.
1 egg. 1 tablespoon milk.
Cornmeal or breadcrumbs.

Wash and boil the potatoes 20 minutes. Drain, when cool, skin and put thru the potato ricer, fruit press or mash thru strainer; add salt, pepper, parsley and butter, mix well and beat until light. Shape into croquettes, roll in cornmeal, then dip in egg which has been mixed, then dip in breadcrumbs, fry in deep, hot fat until brown.

POTATOES EN CASSEROLE

¼ peck potatoes.
2 cups milk.
2 tablespoons finely chopped bacon or ham fat.
1 level tablespoon of salt.
1 tablespoon finely chopped parsley or celery tops.
Paprika.

Wash, pare and cut the potatoes in ¼-inch slices; put in casserole; cover with milk; add salt and top with bacon or ham fat. Cover and place in moderately hot oven 1 hour (the potatoes must be very tender and fall apart when taken out).

Sprinkle with parsley and dust with paprika. Serve in dish in which it is baked. This makes eight helpings.

ESCALLOPED TOMATOES

2 cups tomatoes. 2 cups breadcrumbs.
1 tablespoon butter substitute
1 tablespoon sugar.
1 teaspoon salt.
⅛ teaspoon white pepper.

Wash, scald and skin the tomatoes; brush the baking dish with a little butter substitute; put a layer of breadcrumbs on bottom, then a layer of tomato, sprinkle with sugar, salt and pepper, another layer of breadcrumbs, then tomatoes, seasoning and breadcrumbs on top; dot top with butter substitute. Bake in moderate oven 30 minutes.

FRIED TOMATOES

4 tomatoes. ½ cup flour.
1 tablespoon sugar. 1 teaspoon salt.
2 tablespoons drippings.
1 cup milk.

Cut the tomatoes into slices, sprinkle with sugar and salt; dip in flour, put into hot drippings; fry very slowly until browned nicely on both sides. Remove the tomatoes, add the milk and boil a few minutes. Mix 1 tablespoon flour with a little cold water, add and boil until thick. Serve on rice or macaroni.

BAKED PEPPERS. NUT FILLING

8 even-sized peppers.
3 cups boiled rice.
1 cup peanut butter.
8 tablespoons finely chopped green peppers.
1 tablespoon chopped celery top.
2 tablespoons catsup or table sauce.
1 egg.

Wash and cut the tops from the peppers, remove the seeds, rinse and dry. Fill with mixture made as follows:

Mix rice, peanut butter and the pieces of green pepper, which have been cut from top and chopped fine, and seasoning. Fill into peppers, rounding the tops. Set in bakedish; brush tops with beaten egg. Put in hot oven and bake 25 to 30 minutes.

Note.—Cut the ends so they will stand straight in bakedish.

POULTRY

ROAST TURKEY, OYSTER FILLING, GIBLET GRAVY

After the fowl is thoroly cleaned, run a long skewer thru the body at the thighs, holding them close to the body, another thru the long wings, holding them close to the body. If you do not have long skewers, run a piece of cord around the body at the thighs and wings.

Oyster Filling

30 oysters.
4 cups breadcrumbs.
1 tablespoon salt.
¼ teaspoon white pepper.
1 tablespoon chopped parsley.
2 tablespoons butter or butter substitute.

Drain and rinse the oysters with cold water. Put butter into saucepan with oysters and bring to a boiling point; add the breadcrumbs and the seasoning; mix carefully so as not to break the oysters. Fill into turkey and sew it up. Put into very hot oven 20 minutes or until it is well seared, then baste with 2 cupfuls of cold water and dust with 1 tablespoon salt and a little pepper; reduce the heat and roast slowly 20 minutes to the pound, basting quite often.

Giblet Gravy

Boil the gizzard and chop the raw liver and heart; put thru food chopper; then put in pan after removing turkey and some of the drippings. Add 1 tablespoon onion juice and cook the liver and heart 5 minutes, stirring all the time; then add the boiled and chopped gizzard; 2 tablespoons flour mixed with a little cold water, 2 cups cold water and 2 tablespoons caramel; boil 5 minutes and add a little parsley. Thyme may be added; that is a matter of taste.

JELLIED CHICKEN

Have a 4 or 5 pound chicken; clean and cut as for stewing, put in saucepan, cover with boiling water, add 2 tablespoons cut onion, 1 level tablespoon salt, a little pepper and a small piece of whole mace and 5 or 6 cloves. Boil slowly until chicken is tender. Remove chicken; take off all skin and fat and cut into small pieces. Strain the stock; set away to cool. When cold remove the fat.

To each quart of stock add 1 tablespoon of gelatin (granulated) that has been soaked in a little cold water. Add to the boiling stock; stir until dissolved. Remove from fire; add the chicken and ½ cup stuffed olives, cut in rings. If you care to, add 1 cup of mushrooms, cut in rings, and 2 tablespoons of finely chopped green pepper.

Rinse bakepan in cold water; put in mixture and put in 1 hard-boiled egg cut in slices. Set away to cool. This should be made the day before. Serve on a bed of shredded lettuce and garnish with stuffed olives. More seasoning can be added if desired, also mayonnaise or salad dressing of choice.

CREAMED CHICKEN IN POPOVERS

Cut the left-over chicken into pieces; also pick the chicken from the backbone and wing tips. Put into the cream sauce, heat thoroly, sprinkle with a little chopped parsley. Cut the tops of the popovers off; put in a spoon of the creamed chicken; return the tops and place in the oven a few minutes.

Sauce

Put 1 tablespoon butter into saucepan; melt; add 1 tablespoon flour; mix well; and then add 1 cup of cold milk slowly; stir until smooth and creamy, and add 1 teaspoon salt and a dash of white pepper.

STEWED CHICKEN

Cut the breast into 4 parts, joint the thighs and wings, put into boiler with boiling water to cover, a small onion and boil slowly 2 hours; add 1 tablespoon salt, 2 tablespoons flour mixed with a little cold water and boil 5 minutes. Serve on a platter with border of potatoes and gravy. Sprinkle with chopped parsley.

ROAST CHICKEN A LA MERION

Select a 4½ to 5 pound roasting chicken, clean and prepare the same as usual. Roast in very hot oven 20 minutes until well seared; then add 2 cups of cold water and roast 20 minutes to the pound if the chicken is a young one.

Filling

Corn and Potato Filling

2 cups canned corn.
2 cups mashed potatoes.
1 tablespoon grated onion.
2 tablespoons finely chopped parsley.
1 tablespoon finely chopped celery top.
1 level tablespoon salt.
⅛ teaspoon pepper.
1 tablespoon drippings or butter substitute.

Put the drippings and onion into pudding pan over fire; add the potatoes, cook a few minutes, add seasoning, flavoring and the corn, which has been put thru the food chopper, or use the very finely crushed corn. Leave it on slow fire about 5 minutes, stirring frequently. Fill the chicken and sew up the vent. The craw cavity can be filled. This filling can be made the day before and left in a cold place.

SMOTHERED GUINEA FOWL

Clean the guinea fowl the same as chicken, split down the back and clean the gizzard, liver and heart. Put 2 tablespoons drippings in Dutch oven (iron boiler or pan that can be covered), fry a light brown, then add the guinea, skin side down; sear and turn and sear on the inside; add 1 cup boiling water and simmer slowly 1 hour; then add 1 teaspoon salt, ⅛ teaspoon pepper, dash paprika, 1 tablespoon finely cut onion, 1 tablespoon finely cut celery; another cup of water and let simmer slowly another hour, turning the fowl 2 or 3 times.

When tender, add to the gravy 1 tablespoon of flour wet with a little cold water; and if it is not brown, add 1 tablespoon of caramel. There should be 2 cupfuls of gravy when finished. Serve on center of hot platter, pour the gravy over the fowl and garnish with sprigs of parsley.

ROAST GOOSE WITH POTATO FILLING

7 to 8 pound goose.
¼ peck white potatoes.
2 tablespoons fat.
3 tablespoons grated onion.
1 tablespoon poultry seasoning.
1 teaspoon salt.
Pepper to taste.
1 tablespoon finely chopped celery top or parsley.
1 egg.

Singe, wash and clean the goose, stuff with potato and giblet filling which is made as follows:

Boil and mash the potatoes, add to the pan in which the fat, onion and chopped giblet have been cooked; add seasoning and well-beaten egg. Mix well and cook until quite dry, then fill into turkey. Sew up vent and sprinkle with salt, pepper and flour. Put a little fat on top, place in very hot oven. Baste quite often. After it is browned turn so that breast will be at bottom, that the meat will not be dry.

SALADS

APPLE AND BANANA SALAD

2 cups finely cut apples.
2 bananas.
2 tablespoons lemon juice.
2 cups shredded lettuce.
1 cup mayonnaise.

Skin, scrape and slice the bananas, mix with the apples. Line bowl with lettuce leaves, put in the fruit, cover with lemon juice. Serve with 1 cup of mayonnaise over the top. Garnish with 4 or 5 small pieces of red jelly.

CELERY FILLED WITH CHEESE

Season cream cheese with salt to taste; mix and fill into small hollows of celery tips. Dust with paprika and very finely chopped parsley. These are very attractive if served on the salad, whether served individually or around the edge of a large bowl.

DATE AND ORANGE SALAD

1 cup washed, stoned and finely cut dates.
1 cup finely cut tart apples.
2 cups orange pulp.
½ cup finely cut celery.
½ cup cocoanut.
½ cup cream dressing.

Cut the orange in half and remove the pulp with sharp spoon so as not to break the fruit. Saw-tooth the skins with sharp knife. Mix the fruit together, fill into the orange cups; place on lettuce; put a dessertspoonful of cream dressing in top; sprinkle with cocoanut. The dressing, celery and lettuce may be omitted and fruit served as a dessert.

LETTUCE WITH EGG DRESSING

4 cups shredded lettuce.
1 hard-boiled egg.
½ cup French dressing.
½ cup finely cut scallions or chives.

Line bowl with lettuce, cut the hard-boiled egg in half and remove the yolk. Put the white in coarse wire strainer and mash. Put around the edge of lettuce. Then rub the yolk thru and add the scallions. Put in center of lettuce. Extra French dressing can be served if desired. This makes a very tasty salad for those who like onions. The onion can be left out and ½ teaspoon mustard mixed with eggs and dressing if preferred.

DESSERTS

APPLE DAINTY

1 quart apples.
1 cup brown sugar.
2 teaspoons butter.
1 cup whipping cream.

Wash, pare, quarter and core the apples. Brush guernsey dish or pietin with the butter, place the apples in and cover with the brown sugar; bake until the apples are tender. Lift carefully into ice cream glasses or glass bowl and cover with the whipped cream; garnish with candied cherries, cut into rounds, a few nuts or a few raisins.

APPLE SNOW

4 apples or 2 cups apple sauce.
2 eggs.
2 tablespoons honey.

Wash and core the apples, put on in saucepan with 4 tablespoons hot water; cover and bring to a boiling point; remove the cover and boil until tender; mash thru strainer. Have the whites of eggs beaten dry; add the cold strained apples and beat until like snow. Fill into glass dish, garnish with little pieces of red tart jelly. Serve with custard.

Custard

Put 1 cup of milk on to boil, beat the yolks of 2 eggs, 2 tablespoons honey, a pinch of salt and a little grated nutmeg together; add to the boiling milk, remove from fire at once so it does not separate. This can be prepared on Sunday.

BANANAS AND CORNSTARCH

4 bananas. 2 cups milk.
¼ cup sugar.
1 tablespoon cornstarch.
Pinch of salt.
1 teaspoon grated orange peel.

Put the milk on to boil; add cornstarch slowly, which has been mixed with sugar and salt; boil 15 minutes; skin, scrape and slice the bananas, put in glass dish or ice cream glasses, pour the hot cornstarch over the bananas, and set in cold place for 1 hour. The hot cornstarch brings the flavor out of the bananas. Sprinkle top with grated orange peel.

BANANA PUFF, FRUIT SAUCE

1 cup flour.
1 teaspoon baking powder.
2 teaspoons oleomargarine or butter.
4 teaspoons sugar.
1 teaspoon salt.
½ cup milk. 2 bananas.

Sift flour, baking powder and salt into bowl; add butter and rub in very lightly; add milk to make a soft drop dough. Brush 4 custard cups with a little melted butter; put a scant tablespoon of dough in bottom, then ½ a banana and cover with another tablespoon of dough. Place in moderate oven 20 to 25 minutes; turn out into saucedish and serve while warm with fruit sauce.

BANANA SPONGE, CUSTARD SAUCE

2 bananas.
1 tablespoon granulated gelatin.
1 tablespoon lemon juice.
½ cup sugar.
2 eggs. 1 cup milk.

Soak the gelatin in 2 tablespoons cold water for 10 minutes, dissolve in 2 cups of boiling water, add the lemon juice and sugar, dissolve and set aside to cool. Beat the whites of eggs until dry, then add the cooled gelatin, beating until almost firm; add the bananas, which have been pressed thru fruit press or coarse strainer; mix and pour into mold or bowl, which has been rinsed with cold water. Turn mold into shallow bowl and pour custard sauce around.

Custard Sauce

Put milk on to boil, beat yolk of egg with 1 tablespoon sugar, add to boiling milk, remove from fire, add a little grated rind of lemon. Be sure it is cold before serving.

COCOANUT CORNSTARCH

2 cups milk.
2 tablespoons cornstarch.
4 tablespoons sugar.
Pinch of salt. 1 egg.
½ cup fresh, grated cocoanut.

Put the milk in top of double boiler, mix the cornstarch and salt with a little cold milk, add the beaten yolk of egg and the sugar; mix well and add to the boiling milk; boil 15 minutes, remove from fire and add the cocoanut. Pour into ice cream glasses or glass bowl. Beat the whites of eggs until dry, add 1 teaspoon granulated sugar; spread on top of glasses, dust with pulverized sugar and sprinkle with a little cocoanut. Put the glasses in cool oven until the whites are a little brown and dry.

CRANBERRY AND ORANGE DESSERT

2 cups sweetened cranberry sauce.
1 cup sugar.
2 cups finely chopped orange.

Put the sugar and 1 cup of water on to boil. Boil slowly 5 minutes, add the cranberries and mash thru fine strainer. Allow it to get very cold and have the oranges cold. Put in glass bowl. Pour over the cranberry syrup. This makes an attractive and tasty dish.

GRAPE JUICE WITH ORANGE

1 cup grape juice.
1 cup finely cut orange.
1 teaspoon lemon juice.
1 cup water.

Pare and slice the oranges fine, put in icebox, with small bottle of grape juice. Just before serving put orange in sherbet cups or glasses, add the grape juice, which has been diluted with cup of water and lemon juice; add sugar if desired. Serve ice cold.

APPLE PUDDING

3 cups milk. 2 eggs.
½ cup syrup.
1 tablespoon butter substitute.
6 small, thin slices of bread.
1 cup apple sauce.
½ teaspoon salt.
½ teaspoon cinnamon.

Beat the eggs, salt and syrup together, add the milk; brush bakedish with butter substitute, put the buttered bread on dish and pour the milk over it. Place in moderate oven, bake until firm, then spread top with apple sauce and sprinkle with cinnamon. Serve cold.

APPLE DUMPLINGS

4 apples.
1½ cups flour.
2 teaspoons baking powder.
1 teaspoon salt.
1 tablespoon shortening. 1 cup milk.
6 tablespoons sugar.
1 teaspoon butter or oleomargarine.

Sift the flour, salt and baking powder into bowl; rub in shortening lightly with tips of fingers; add just enough cold milk to form a dough. Place on floured board and roll out ¼ inch thick. Divide into 4 parts. Lay on each quarter an apple which has been washed, pared and core removed; put 1 teaspoon of sugar in center of apple.

Wet the edges of dough with cold milk and fold around the apple, pressing lightly together. Place in agate pan, sprinkle with the remainder of sugar over top and ¼ teaspoon of butter on each dumpling; pour the rest of the milk over, and cover with pietin. Bake 20 minutes, remove the cover and bake 20 minutes without cover.

STEAMED DATE PUDDING WITH ORANGE SAUCE

½ cup molasses or brown sugar.
½ cup milk.
1 cup stoned and chopped dates.
1½ cups whole wheat flour.
2 tablespoons butter.
1 teaspoon baking powder.
1 teaspoon salt.
1 egg, pinch of mace.

Melt the butter, put into bowl with sugar or molasses, milk, well-beaten egg, salt and baking powder; then add the flour and chopped dates; mix all well together. Put into mold which has been brushed with butter, cover tight and put into boiler half full of water. Boil slowly 2 hours, add water to boiler if needed. This is enough for 2 meals for a family of 4; large helpings. Remove the pudding to large plate or platter, pour the sauce around pudding for garnish.

FIG PUDDING, LEMON SAUCE

1 cup suet. 1 cup breadcrumbs.
1 cup flour. 1 cup sugar.
½ pound figs.
½ teaspoon cinnamon.
¼ teaspoon ground mace.
1 teaspoon salt, pinch ground cloves.
1 cup water.

Chop the suet; put into bowl; add the breadcrumbs, sugar, salt, flour, cinnamon, mace and cloves. Cut the figs into small pieces and add; mix thoroly. Then pour the water in slowly and mix well. Wet mold or kettle with cold water; put in pudding, and boil 2½ hours. This can be prepared ahead of time, as it will keep two or three days. Serve with lemon sauce.

CRANBERRY PUDDING

2 cups cranberries.
1 cup seeded raisins.
1 cup chopped suet.
1 cup breadcrumbs.
½ cup syrup.
1 cup flour.
1 teaspoon salt.
½ teaspoon cinnamon.

Wash and cut cranberries in half. Mix all dry ingredients together; add enough water to make a stiff mixture, brush mold with butter. Put the pudding in and place in boiling water; boil 3½ hours. Serve warm with fruit or vanilla sauce. This is a very hearty pudding.

PLUM PUDDING, HARD OR FOAMY SAUCE

1 cup chopped suet.
1 cup breadcrumbs.
1½ cups syrup.
1 cup flour.
1 cup seeded raisins.
1 cup seedless raisins.
1 cup currants.
4 tablespoons finely cut citron.
2 tablespoons finely cut orange peel.
1 tablespoon finely cut lemon peel.
1 teaspoon ground cinnamon.
¼ teaspoon ground ginger.
¼ teaspoon ground mace.
¼ teaspoon ground cloves.
¼ teaspoon nutmeg.
2 teaspoons salt.
2 teaspoons baking powder.
½ cup grape juice or any juice of choice.
½ cup figs.

Put the suet, breadcrumbs, flour, baking powder and spices and salt into bowl and mix thoroly. Wash and dry the raisins, add; then the figs, which have been cut fine, and the citron, orange and lemon peel. Add syrup, 1 cup of water and the fruit juice and mix thoroly. This should be a stiff dough, and if there is not enough moisture add more water. Brush mold or kettle with a little melted butter and put in the pudding. The mold should not be quite full. Boil 3 hours as soon as it is filled. This should be prepared ahead of time and cooked; then boil half hour before serving. A half cupful of blanched and chopped almonds can be added. Serve with hard or lemon sauce.

PUMPKIN PUDDING

2 cups cooked pumpkin.
1 cup milk.
1 egg.
½ cup sugar.
½ teaspoon salt.
½ teaspoon ground ginger.
¼ teaspoon grated nutmeg.
¼ teaspoon cinnamon.
½ teaspoon butter or butter substitute.

To the pumpkin add the milk, well-beaten egg, sugar, spices; mix well; pour in buttered bakedish and dust top with cinnamon. Bake in slow oven 1 hour; or bake in buttered custard cups and turn out when ready to serve.

CRUMB PUDDING, LEMON SAUCE

2 cups apple sauce.
¾ cup sugar. 2 cups breadcrumbs.
½ teaspoon cinnamon.
¼ teaspoon salt.
1 teaspoon butter substitute.
1 egg (can be omitted).

Brush pudding dish with butter substitute, put half of apple sauce in bottom, half the breadcrumbs on top; sprinkle with cinnamon; the remainder of apple sauce is then put in, followed with breadcrumbs. Beat egg well, add salt and a little milk, pour over layers, dust with cinnamon and dot with butter substitute; cover and put into moderate oven 20 minutes. Uncover and bake until browned nicely, about 20 minutes. Serve with lemon sauce made as follows:

Put 3 cups of water on fire; when boiling add 2 teaspoons cornstarch, which has been mixed with a little cold water; boil 3 minutes, add grated rind and juice of half lemon, 2 tablespoons sugar and 1 tablespoon caramel.

TAPIOCA WITH FIGS

2 cups milk.
2 tablespoons granulated tapioca.
1 egg. 3 tablespoons sugar.
Pinch salt.
4 figs or ½ cup finely cut figs.

Put the milk in top of double boiler, add the well-washed tapioca, boil 30 minutes or until clear. Beat the yolk of eggs with the sugar, salt and 3 tablespoons milk and add; add the figs and boil 3 minutes; then pour into bakedish which has been brushed with butter. Beat the white of egg until dry, add 1 tablespoon sugar and put on the pudding in four small kisses; place in cool oven to brown.

CORNSTARCH PUDDING

2 cups milk.
2 tablespoons cornstarch.
4 tablespoons sugar. Pinch of salt. 1 egg.

Put the milk in top of double boiler; mix the cornstarch and salt with a little cold milk, add the beaten yolk of egg and the sugar; mix well and add to the boiling milk; boil 15 minutes;; pour into ice cream glasses or glass bowl. Beat the egg white until dry, add 1 tablespoon granulated sugar; drop on top of glasses, dust with pulverized sugar. Put the glasses in cool oven until the whites are a little brown and dry. Flavor to taste.

GRAPE PUDDING

1½ cups loose grapes.
1-3 cup sugar.
A few grains salt.
2 tablespoons cornstarch.
1 cup water.

Wash the grapes, put into small saucepan, boil until the seeds separate from the pulp and skins have left them. Mash thru small wire strainer. All the skin must mash thru, then add sugar and water, bring to boil and add the cornstarch, which has been mixed with a little cold water; boil 10 minutes, pour into 4 ice cream glasses.

Garnish with marshmallow or marshmallow whip.

GRAPE SHERBET

2 cups grape juice.
1 cup water.
½ cup orange juice.
½ cup sugar.
Ice and salt for freezing.

The amount of sugar depends on how sweet the grape juice is. Boil sugar and water together 3 minutes. When cold add grape and orange juice, put in freezer; let stand 10 minutes until it is like snow.

One glass of homemade grape jelly and 2 cups of water and sugar to taste with either orange juice or 2 tablespoons of lime or lemon juice will make a very good sherbet.

GRAPE WHIP

2 cups Concord grapes.
1 cup water.
1 cup syrup.
1 tablespoon granulated gelatin.

Wash the grapes, put into saucepan with the water; boil 10 minutes, mash and strain; add the sugar and gelatin, which has been soaked in 1 tablespoon cold water.

Pour the mixture into bowl, set into pan of cold water and whip until it begins to foam. Then put into 8 ice cream glasses and place one marshmallow on top. This is a very attractive dessert.

CHEESE RECIPES

CHEESE PUDDING

2 cups (½ pound) grated cheese.
2 cups milk.
1 tablespoon butter.
½ teaspoon salt.
¼ teaspoon paprika.
6 slices bread.

Butter the bread and put 3 pieces in casserole, sprinkle with half the cheese and dust with salt and pepper. Put the other 3 pieces of buttered bread and the remainder of cheese in casserole and pour the milk over all. Place in moderate oven and bake 30 minutes.

Note: The slices of bread must be cut 5 inches long and 4 inches wide and ½ inch thick. There must be just enough bread to absorb the milk.

CHEESE STRAWS, FOR SALADS

1 cup grated sharp cheese.
1 cup flour.
1 rounded teaspoon baking powder.
2 tablespoons shortening.
1 teaspoon Worcestershire sauce.
½ teaspoon salt.
Dash of paprika, 1 egg.
¼ cup milk.

Sift flour, salt and baking powder into bowl; add cheese and mix lightly with fork. Then add the shortening and rub lightly until well mixed. Beat the egg with two tablespoons milk and Worcestershire sauce, and add. If not enough to moisten, add a little more milk so the mixture will hold together. Put on floured board, roll out a ¼ inch thick, cut in strips ¼ inch wide and 4 inches long. Put in hot oven and bake 8 to 10 minutes.

Note: A novel way is to make a few rings about the size of a silver dollar, then put a half dozen straws thru each ring.

A CHEESE NOVELTY

1 Neufchatel cheese.
1 tablespoon peanut butter.
¼ teaspoon salt.
1 cup finely shredded outside lettuce leaves.

Mix the cheese, peanut butter and salt together. It must be the consistency that it can be rolled into balls. There should be twelve balls. Shape the balls into eggs and put the shredded lettuce on cheese plate, placing the cheese eggs on top.

CAKES AND COOKIES

MOCK CHERRY SHORTCAKE

1½ cups flour.
2 teaspoons baking powder.
¼ teaspoon salt.
1 tablespoon shortening.
½ cup milk.
1 cup raisins.
1 cup cranberries.
½ cup syrup.

Sift flour, baking powder and salt into bowl, add shortening, rub in very lightly, add milk to make a soft dough and pat even. Brush top with milk and sprinkle with sugar. Put in hot oven 20 to 25 minutes. Cool, split and fill with the following mixture:

Wash and dry the raisins, put thru food chopper, add the cranberries, which have been cut in half. Put both on to boil with 1 cup of water, boil 10 minutes; add syrup and 1 tablespoon of flour, which has been mixed in cold water until smooth. When cold, spread between shortcake. Sprinkle all with sugar.

DUTCH APPLE CAKE

1½ cups flour.
1½ teaspoons baking powder.
½ teaspoon salt.
2 tablespoons shortening.
¼ cup milk.
1 quart apples.
½ cup sugar.
1 teaspoon cinnamon.
1 teaspoon butter substitute.

Sift the flour, baking powder and salt into bowl; add shortening and rub in very lightly; then add the milk. Dust bakeboard with flour; place the dough on and roll out ½ inch thick. Put into shallow pan which has been brushed with butter substitute. Wash, pare, quarter and core the apples. Press in dough, sprinkle with sugar and dust with cinnamon. Bake in moderate oven 30 minutes, or until the apples are tender and brown. Eat warm with milk or cream.

RICH FRUIT CAKE

1 cup butter or butter substitute.
2 cups sugar. 6 eggs.
½ cup milk or grape juice.
1 cup seeded raisins.
1 cup chopped seedless raisins.
1 cup whole seedless raisins.
½ cup thinly sliced citron.
½ cup orange or lemon peel.
½ cup blanched Jordan almonds, sliced thin, or chopped pecans.
½ cup thinly sliced figs.
3½ cups flour.
2 rounded teaspoons baking powder.
½ teaspoon grated nutmeg.
1 teaspoon ground cinnamon.

Cream the butter and sugar until light; add the well-beaten yolks of eggs and milk slowly; beat until light, then add the fruit, which you sprinkle with ½ cupful of flour; mix well; sift the 3 cups of flour with baking powder, add half the flour, then add the well-beaten whites of eggs, then the rest of the flour.

Line pan or pans with three thicknesses of paper; place in moderate oven and bake 1½ to 2 hours. As soon as the cake is cool wrap in wax paper and put in box.

HONEY SHORT CAKE

Make the regular biscuit or short cake dough, split while warm and cover with the honey filling made as follows:

1 cup milk
¼ cup honey.
1 tablespoon cornstarch.
2 tablespoons flour.
¼ teaspoon salt.
Flavor with orange peel.

Mix the flour with a little cold milk, then add slowly to the boiling milk, boil 15 minutes, add salt, honey and the cornstarch which has been mixed with a little cold milk. Boil 10 minutes in top of double boiler.

CHRISTMAS CAKE

1 cup shortening.
1½ cups sugar.
4 cups flour. ¾ cup milk.
4 eggs. ½ cup seeded raisins.
½ cup currants.
2 tablespoons chopped citron.
2 tablespoons cocoa.
½ teaspoon cinnamon.
¼ teaspoon ginger.
¼ teaspoon grated nutmeg.

Cream the sugar and shortening together, add the well-beaten eggs and milk slowly. Sift the flour into 3 parts. Bake 2 parts in jelly tins 20 minutes in a moderate oven. To the third part add the raisins, currants, chopped citron, cinnamon, ginger, nutmeg and cocoa; bake 30 minutes in a moderate oven. Put the cake together with a dark jelly, putting the dark cake as the center layer. Cover with chocolate icing or any icing of choice.

Chocolate Icing

Put 2 tablespoons cocoa or grated chocolate into bowl; add 2 tablespoons boiling water; mix well, then add 4 tablespoons sugar, mix until smooth, then add 1 teaspoon melted butter. You can sprinkle the icing with fresh grated cocoanut.

FIG CAKE

½ cup shortening.
¾ cup sugar. 2 eggs.
3 tablespoons milk.
1 1-3 cups flour.
1½ teaspoons baking powder.
¼ teaspoon mace.
1 cup figs put thru food chopper.

Cream the sugar and shortening together, add the milk slowly and the well-beaten yolks of eggs; sift half the flour over the figs and add them, stirring very hard so they will mix well; beat the whites of eggs until light and add; sift the flour, baking powder and mace; add very lightly. You can bake in loaf or in layers and put together with plain white icing. Decorate the top with small red candies.

LADY BALTIMORE CAKE

1½ cups sugar.
½ cup butter.
4 egg whites.
1 cup water.
3 cups flour.
3 level teaspoons baking powder.
½ teaspoon almond flavoring.
1 teaspoon vanilla flavoring.

Cream sugar and butter until light. Sift flour 3 times; beat the whites of eggs until stiff. To the creamed butter add alternately the cold water and 2 cups of flour and beat 3 minutes; add flavoring and to 1 cup of flour add the baking powder; sift twice and add; mix well; add the beaten whites of eggs last. Line two 12-inch pans with paper or brush with melted butter and dust with flour. Bake in moderately hot oven 30 to 35 minutes.

Filling

2 cups sugar.
2 egg whites.
1½ cups shelled pecans or almonds.
½ cup seeded raisins.
1 cup figs or dates.

Wash, dry the raisins and figs; put thru food chopper. Put sugar on to boil with ½ cup water; boil very slowly until it spins a thread without stirring. The whites of eggs are beaten until dry. Pour the boiled sugar (while hot) into the egg very slowly, beating all the time. When thick, add the fruit and nuts; spread between and on top of cake after the cake is cold.

Note: The yolks of eggs are used for a Lord Baltimore cake or mayonnaise or boiled dressing.

ECONOMY FRUIT CAKE

½ cup shortening.
1 cup brown sugar.
1 cup New Orleans molasses.
1 cup seeded raisins.
1 cup currants.
½ cup chopped citron.
1 cup boiling water.
2 teaspoons baking soda.
2 eggs. 3 cups flour.
1 teaspoon ground cinnamon.
½ teaspoon ground ginger.
1 teaspoon grated nutmeg.

Cream shortening and sugar together; add molasses, then baking soda, which has been dissolved in the boiling water, the well-beaten egg, half the flour, the fruit and then the rest of the flour.

Line pan with paper and bake in moderate oven for 1 hour.

RAISIN LOAF CAKE

¾ cup shortening.
1 cup sugar. 1 egg.
1 cup seedless raisins.
¾ cup milk. 2 cups flour.
2 teaspoons baking powder.

Cream shortening and sugar together, beat the eggs until light, and add alternately milk with the sifted flour and baking powder, using half; then add the raisins, which have been cleaned, washed and dried. Add the other half of flour. This makes a stiff mixture. Bake in pan that has been lined with paper 40 to 45 minutes in a moderate oven.

COCOANUT STARS FOR CHRISTMAS

½ cup butter or shortening.
1 cup sugar. 2 eggs.
4 tablespoons milk.
2 teaspoons baking powder.
1 cup fresh grated cocoanut.
Flour enough to roll out.

Cream the butter and sugar together; beat the eggs until well mixed; add the milk and egg slowly. Sift baking powder with 2 cups of flour. Add enough flour to roll out; add cocoanut; handle as little as possible. Divide in 3 parts, place on floured board and roll out ¼ inch thick; cut with star cutter. Bake in very moderate oven 20 to 25 minutes, as the cocoanut gets dark quickly.

CHRISTMAS SUGAR COOKIES

¼ cup shortening.
1 cup sugar.
4 tablespoons sour milk or buttermilk.
1 teaspoon baking soda.
1 egg. Flavoring to taste.
4 cups flour.

Cream the sugar and shortening until light, add the well-beaten egg, the sour milk or buttermilk, and the baking soda dissolved in 1 tablespoon hot water; add the flavoring, add sifted flour, enough to make a stiff dough; roll out ¼ inch thick; cut with cookie cutter; sprinkle top with a little sugar and press a raisin or nut in the center of each; bake in hot oven 10 to 12 minutes.

ANISE SEED COOKIES

½ cup butter.
1 cup granulated sugar.
2 eggs. 2 tablespoons milk.
2 tablespoons anise seed.
4 teaspoons baking powder.
4 or 5 cups flour.

Cream the butter and sugar together until very light, beat the eggs and add slowly to the butter and sugar. The milk is added, 1 teaspoon at a time, beating constantly. Have the anise seed cleaned first by picking out the small stems, then rub between the hands so that all the stems come off; sift thru coarse sifter and add to the mixture. Sift 4 cups of flour with the baking powder; add 1 cup at a time, until all have been added. Have some flour sifted; you may need more; work as little as possible. Flour bakeboard, take a quarter of the mixture and roll out ¼ inch thick, cut in fancy shapes. Place on floured bakesheets; any pan will do if you do not have the sheets. (The reason I prefer bakesheets is because they are shallow and do not take so long).

Put in the bottom of hot oven for 10 minutes.

DROP CAKES, COCOA ICING

¼ cup shortening.
1 cup sugar. 2 eggs.
1-3 cup milk.
3 teaspoons baking powder.
2 cups flour. Pinch of salt.

Cream the sugar and shortening together; add the milk slowly, then the beaten yolks of eggs. Sift the flour, baking powder and salt; add half, then half of the stiffly beaten whites of eggs, the remainder of flour and the remainder of the whites of eggs; mix and fill into muffin pans. Bake 20 minutes. Ice with cocoa icing.

Icing

Put 4 tablespoons sugar into pan, add 2 tablespoons boiling water; stir until smooth; then add 2 tablespoons cocoa; mix well and spread over the cakes.

RICH CRULLERS

¾ cup sugar.
¼ cup shortening.
½ cup milk. 2 eggs.
½ teaspoon salt.
¼ teaspoon mace, nutmeg or vanilla.
3½ to 4 cups flour.
3 teaspoons baking powder.

Cream shortening and sugar together until light, add the well-beaten yolks of eggs; sift half the dry ingredients into mixture, alternating with the milk; then fold in the well-beaten whites of eggs, then the rest of flour, or enough flour to make a stiff dough. Place on floured board, roll out ¾ inch thick, cut with cruller cutter, fry in deep, hot fat or oil. Remove with wire spoon and roll in cinnamon and sugar.

NUT RINGS AND NUT BARS

1 cup butter or shortening, or half butter and half shortening.
2 cups sugar. ½ cup milk.
4 eggs. 4 cups flour.
3 teaspoons baking powder.
½ teaspoon salt.
1 cup chopped almonds.

Cream the butter and sugar together until light; add the 3 eggs, one at a time, without beating; beat the butter, sugar and eggs together 10 minutes; then add the milk very slowly. Sift flour and baking powder together, add a little at a time, until it can be rolled out very thin. The rings are cut with a cruller cutter; the bars are cut 1 inch wide by 4 inches long. Beat 1 egg until light and brush the top of rings and bars, sprinkle with coarsely chopped nuts. Bake in moderate oven for 20 minutes. These are exceptionally good.

SAND TARTS

¾ cup shortening.
1½ cups sugar. 2 eggs.
1 tablespoon milk.
3 or 4 cups flour.
4 level teaspoons baking powder.

Cream shortening and sugar together; add the well-beaten eggs and milk; sift flour and baking powder together; add a little at a time. When stiff enough to roll, roll out very thin, cut in diamond shapes, brush with the well-beaten egg; sprinkle with sugar and cinnamon and a little of chopped nuts in center. Bake in moderate oven 10 minutes.

EGGLESS FIG COOKIES

1 cup granulated sugar.
½ cup shortening.
1 cup figs put thru meat chopper.
¼ cup milk.
3 teaspoons baking powder.
½ teaspoon grated nutmeg.
½ teaspoon salt.
4 cups flour, or flour enough to roll.

Cream the sugar, shortening and figs together; add the milk slowly, nutmeg and salt; sift the baking powder and 2 cups of flour together and add; then add as much more flour as you need to roll out the dough ¼ inch thick. Cut with round cutter or in squares, then in three-cornered shapes. Bake in hot oven 12 to 15 minutes.

HOME BREAD

BOSTON BROWN BREAD

1½ cups cornmeal.
1½ cups rye flour.
¾ cup syrup.
2 cups sour milk or buttermilk.
2 level teaspoons salt.
1 level tablespoon baking powder.
1 level tablespoon oleomargarine or cooking oil.

Mix the dry ingredients, add milk, molasses, salt and shortening. Mix baking soda with 2 tablespoons water, add and beat thoroly. Brush mold or 1-pound baking powder can with fat and fill two-thirds full, cover and steam 3 hours; remove cover and bake 20 minutes in moderate oven.

POTATO BREAD

2 cups mashed potatoes.
2 cups whole wheat or white flour.
½ cup scalded milk.
1 tablespoon sugar.
1 tablespoon fat.
1 teaspoon salt.
1 yeast cake mixed in 2 tablespoons warm water.

Wash and boil the potatoes in the skins (less than 1 quart of potatoes), skin and put thru the potato ricer, fruit press or mash thru strainer; add the cooled milk in which the fat has been melted, the sugar, salt and yeast. Add half the flour or enough flour to make a stiff dough. Cover and set in warm place; after it is double in quantity add remainder of flour, mold in loaves, place in warm place to rise again until double in quantity. Bake 50 minutes in moderate oven.

SWEET POTATO BREAD

4 cups fresh, boiled sweet potatoes.
¼ cup molasses.
¼ cup shortening or oleomargarine.
1 tablespoon salt.
2 cups water or half water and half milk.
1 yeast cake. 1 teaspoon sugar.
4 cups flour.

Boil the potatoes with skins on; skin, put thru potato ricer or mash thru strainer at once; add molasses and fat while warm and beat until light and smooth. Sift two-thirds of flour into bowl, add boiled liquid, which must be lukewarm; add the salt and yeast which have been dissolved in lukewarm water. Add the sugar and beat until smooth; then add potatoes and enough flour to make a stiff dough. Set to rise from 6 to 7 hours, then make into 2 loaves (brick pans), which have been brushed with fat, set to rise a second time and when double in quantity brush top with milk and put in moderate oven 50 to 60 minutes.

APPLE TURNOVERS

2 cups flour.
2 teaspoons baking powder.
½ teaspoon salt.
½ teaspoon cinnamon.
2 tablespoons shortening.
1 cup milk.
½ cup sweetened apple sauce.
1 tablespoon granulated sugar.

Sift flour, baking powder and salt into bowl; add shortening, rub in very lightly; add enough milk to hold together. Dust bakeboard with flour and roll out the dough ½ inch thick, cut into 4-inch pieces; in center put 2 tablespoons of apple sauce; wet the edges with cold milk; turn over and make a 3-cornered shape; press edges together so that the apple sauce will not come out. Brush top with milk; sprinkle with sugar and dust with a little cinnamon. Bake in hot oven 25 minutes or until nice and brown. They are best warm.

CORNMEAL SPIDER BREAD WITH APPLES

2 cups cornmeal.
2 cups chopped apples. 2 eggs.
2 tablespoons melted butter or bacon drippings.
1 teaspoon salt.
2 teaspoons baking powder.
2 cups boiling water.

Put the cornmeal into bowl, cover with cloth; when cold add the well-beaten eggs and beat 2 minutes; add apples, salt and baking powder and mix well. Brush 3 large pietins with butter or drippings, pour in mixture and put in moderate oven; bake 30 to 35 minutes; serve warm with fruit syrup or jelly.

NORTH AMERICAN DISH

2 cups yellow cornmeal.
1 cup flour. 1 cup seeded raisins.
1 cup milk.
2 teaspoons baking powder.
1 teaspoon oleomargarine.
1 level teaspoon salt. 1 egg.

Sift the flour, cornmeal, salt and baking powder into bowl; add milk, well-beaten egg and the well-washed seeded raisins; mix; pour into pan, which has been brushed with melted oleomargarine; bake 20 minutes.

CORN PONE

1 cup cornmeal. 1 cup flour.
1½ cups milk. 2 eggs.
2 tablespoons melted fat.
2 tablespoons sugar.
1 teaspoon salt.
3 teaspoons baking powder.

Sift flour, cornmeal, salt, sugar and baking powder into bowl; add the milk, melted fat and well-beaten eggs; mix well. Brush pan with a little fat, oil or butter, pour in the mixture and bake in hot oven 30 minutes.

Cut in squares and serve hot. Be sure to have the knife blade hot when cutting hot breads of any kind.

WAFFLES WITH HONEY

1½ cups flour.
1 cup milk.
2 eggs.
1 teaspoon baking powder.
¼ teaspoon salt.
1 tablespoon melted butter.

Sift the flour, salt, sugar and baking powder into bowl; add the milk and mix well. Then add the butter and well-beaten eggs. Mix all together and bake in very hot waffle iron. In making waffles be careful not to put too much batter into the waffle iron. Be sure they are well greased.

SWEET POTATO GEMS

¼ peck boiled sweet potatoes.
2 eggs.
Dash of paprika.
1 tablespoon melted butter, oleomargarine or drippings.
¼ cup milk.

Skin and put the freshly boiled sweet potatoes thru fruit press, potato ricer or mash thru strainer; add salt, paprika, butter substitute or drippings. Beat the eggs and milk until light and add to the potato (reserving 1 tablespoon to brush the tops). Beat mixture until creamy, brush 12 iron gem pans with drippings, fill with mixture; smooth tops and brush with egg; place in hot oven 30 minutes or until brown. These are very attractive if put around the edge of meat alternately with sprigs of parsley or celery.

CORNMEAL MUFFINS

1 cup cornmeal.
1 cup flour.
1 cup cold milk.
1 cup boiling milk.
1 egg.
2 tablespoons melted butter or oleomargarine.
2 tablespoons sugar.
1 teaspoon salt.
2 teaspoons baking powder.

Put the cornmeal into bowl, add the boiling milk, in which the butter has been melted, and beat well; add the cold milk and well-beaten egg, salt and sugar; sift the baking powder and flour, add slowly and mix lightly; have muffin or popover irons very hot and well greased; fill half full, put in hot oven and bake 20 minutes.

POPOVERS

3 eggs.
2 cups flour.
2 cups milk.
1 teaspoon salt.
1 teaspoon melted butter.

Beat the eggs and milk until light; add the sifted flour and salt and beat well. Pour into iron popover pans, which have been heated very hot and brushed with melted butter. Bake in hot oven 30 minutes. This will make 16 popovers.

SCONES

2 cups flour.
2 teaspoons baking powder.
2 teaspoons sugar.
½ teaspoon salt.
2 teaspoons shortening.
1 egg.
1-3 cup milk.

Sift the flour, baking powder, sugar and salt, rub in the shortening with tips of fingers; add 1 well-beaten egg and the milk (save 1 teaspoonful to brush the scones). Place on floured board, pat and roll out ¾ inch thick. Cut into 3-cornered shapes; brush the top with milk and bake in hot oven 15 minutes.

PIES

MINCE PIE

3 cups flour.
½ cup shortening.
1 level teaspoon salt.
1 tablespoon rich milk.
3½ cups mincemeat.

Sift flour and salt into bowl; add shortening and rub in very lightly with tips of fingers. Add a little cold water, just enough to hold together; divide; dust pieplate with flour. Roll out the dough; line plate; put in the mincemeat. Wet the edges with milk; put on top cover; press the edge firm. Brush top with milk; make 3 or 4 cuts in top of pie, and put in hot oven and bake 30 minutes. The milk is put on to give it a glaze.

Note: This makes 2 medium-sized pies.

MOCK CHERRY PIE

1 cup cranberries.
1 cup seeded raisins.
½ cup sugar. Pinch salt.
1 teaspoon cornstarch.

Wash the raisins and cover with 1 cup cold water; put on fire and as soon as they come to a boil add cornstarch, which has been mixed with cold water, boil 2 minutes; add salt. Remove from fire. Wash the cranberries and cut in half; add to the cooled raisins; then add sugar; do not boil after adding cranberries.

Line pieplate with the regular pie crust, sprinkle with a little flour, wet edge with cold milk, put in the filling; cover with milk; bake in hot oven 35 to 40 minutes.

PUMPKIN PIE

2 cups cooked or canned pumpkin.
1 well-beaten egg.
½ cup milk. ¾ cup sugar.
½ teaspoon ground ginger.
¼ teaspoon grated nutmeg.
½ teaspoon salt.
½ teaspoon cinnamon for top, or if you do not like the cinnamon over top it can be mixed thru the pumpkin.

Mix the pumpkin with the sugar, well-beaten egg, ginger, nutmeg and salt; beat 2 minutes. Pour into pietin, which has been lined with dough; dust with cinnamon. Bake 1 hour.

SWEET POTATO PIE

2 cups boiled sweet potatoes.
1 egg. 1 cup milk.
1 level teaspoon salt.
½ level teaspoon ginger.
2 tablespoons syrup.

The potatoes are boiled in the skins; when tender, skinned and mashed thru fruit press or strainer. Add milk, well-beaten egg, syrup and flavoring; mix well. Put in pietin that has been lined with pie crust, dust top with cinnamon and bake 1 hour in slow oven.

SLICED APPLE PIE

1½ cups flour.
3 rounded tablespoons shortening.
½ teaspoon salt.
3 cups sliced apples.
3 tablespoons sugar or sugar to taste.
1 teaspoon milk.
Cinnamon or nutmeg.

Sift the flour and salt into bowl; add the shortening and rub in very lightly; add enough cold water to hold together; roll out half on floured board; line pieplate. Wash, pare and slice the apples fine, fill into crust, add sugar, dust with cinnamon or a little grated nutmeg.

Roll out the remainder of the dough, wet lower edge and cover the pie, pressing the edges tight; brush the top with milk and bake in moderate oven 30 minutes.

CRANBERRIES WITH HONEY AND RAISINS

1 quart cranberries.
1 cup honey or syrup.
1 cup seeded raisins.
A few grains of salt.

Wash the cranberries and put in saucepan with ½ cup of water, cover, bring to boil rapidly; uncover, mash and remove from fire.

The raisins are washed, dried and put thru food chopper, put on in ¾ cup of cold water and boil in uncovered saucepan 5 minutes; add the honey or syrup and cranberries, and boil 3 minutes. The cranberries can be mashed thru strainer if desired. The combination of raisins and cranberries is delicious.

HOMEMADE CANDIES

COCOANUT KISSES

1 can fresh grated cocoanut.
2 cups sugar.
Pinch of baking soda.

Put sugar and contents of can into shallow saucepan over slow fire, stir until sugar is dissolved, then boil slowly, stirring constantly until it forms a soft ball when dropped in cold water; remove from fire, and add baking soda; stir until cooled, then drop from spoon on to oiled or buttered plates. A few drops of vanilla can be added if desired.

COCOANUT SEA FOAM

1 cup canned fresh grated cocoanut.
2 cups dark brown sugar.
1 cup cocoanut milk and water.
2 egg whites.
Pinch of baking soda.

Put sugar and cocoanut milk into saucepan; stir until dissolved, put on fire and boil slowly until it spins a thread or makes a soft ball when dipped in cold water. Beat egg whites until dry (on a platter), add sugar slowly and keep beating until stiff, then add the soda and cocoanut pressed dry in cheesecloth. Drop a teaspoonful at a time on a platter that has been brushed with butter or oleomargarine; sprinkle top with cocoanut. Set in cold place to dry.

Note: Put cocoanut milk in cup and fill with water.

DINNER CREAM MINTS

2 egg whites.
1 tablespoon water.
1 teaspoon extract of mint.
2 lbs. XXXX sugar.
1 cup walnuts, candied cherries or small pieces of citron, small pieces of candied pineapple or lemon peel or melted cocoa or chocolate.

Beat the whites of eggs, water and mint together until well blended. Add sugar gradually until thick enough to knead and shape into balls. If for English walnuts, flatten the sides and place half a walnut on each side; or make a small round ball, flatten on the top and put in the cherry, citron, pineapple or lemon peel; or make small round balls, flatten, brush with bitter cocoa or chocolate, lay on flat plate to cool.

NUT BRITTLE

2 cups granulated sugar.
2 cups shelled roasted peanuts.
¼ teaspoon baking powder.
1 teaspoon vinegar. 1 teaspoon butter.

Put the sugar into deep saucepan over slow fire; when melted and light brown add soda and vinegar, boil 3 minutes; butter pietins and cover bottom with the peanuts that all the skin has been rubbed from; then pour the boiled sugar over the nuts. If preferred, the nuts may be put thru the food chopper before putting on plate.

Another good brittle is made the same as above, but use only half the amount of nuts and add 1 cup of chopped seeded raisins. Or puffed wheat can be used instead of peanuts.

FRENCH SWEETS

1 cup dates after stone is removed.
1 cup figs.
1 cup seeded raisins.
1 cup English walnuts or pecans.
2 tablespoons orange juice.
1 tablespoon lemon juice.

Put the nuts, dates and figs thru fine food chopper, using the finest knife. Put into bowl, moisten with orange and lemon juice; mix well with a wooden spoon. Cut into squares and let stand 3 or 4 hours.

HONEY NUT CANDY

1 cup strained honey.
½ cup cocoa.
2 cups finely chopped nut meats.
1 teaspoon powdered cinnamon.

Mix ingredients, put into saucepan and boil slowly until it will stick together when dropped into cold water. Dust bakeboard with 1 teaspoon of confectioner's sugar and put mixture on. When cold roll out ½-inch thick and cut in ½-inch squares. Place in warm oven to dry.

DATE BALLS

2 cups washed and stoned dates.
2 cups cold boiled rice.
1 cup cocoanut.
½ teaspoon salt.
Lemon juice.

Put the dates, rice and half the cocoanut thru meat chopper, add salt and enough lemon juice to make a stiff paste. Take a ½ teaspoon and roll in small ball, then in cocoanut and XXXX sugar. Set aside to dry. Any other kind of nut meat may be used.

HONEY AND COCOA CUSHIONS

1 cup strained honey.
¼ cup cocoa.
Pinch of baking soda.
1 tablespoon water.

Put the honey into iron frypan over very slow fire, stir until it begins to boil, add the cocoa, which has been mixed with the water (it will be a thick paste), continue boiling very slowly, stirring constantly, until it forms a soft ball when dropped in cold water. Pour on platter that has been brushed with butter or butter substitute until cold enough to handle. Then pull until it is glassy and cold. Form into long thin strips and with greased scissors cut into ½-inch or inch pieces. This will be crisp, but the chewy kind.

Part IV—Winter Recipes

(January, February, March)

OYSTERS

OYSTER BISQUE

8 medium-sized oysters.
1½ cups evaporated milk.
1½ cups water or 3 cups milk.
1 tablespoon butter or butter substitute.
1 tablespoon flour. ½ teaspoon salt.
Pepper and paprika.

Put the milk and water on to boil, when boiling add the butter and flour, which have been rubbed together until smooth, boil until smooth and creamy, then drain the oysters and put in small pan over fire until the gills curl, then put thru chopper or cut fine, add the hot oyster liquor. The seasoning and a few grains of nutmeg will flavor.

QUICK PANNED OYSTERS

30 oysters. 1 tablespoon butter.
1 teaspoon salt.
A few grains of red pepper or a little white pepper.

Drain the oysters and put into hot, shallow pan (they should not be over 3 oysters deep when putting them in pan); keep pan over hot fire constantly in motion; add butter, salt and pepper; boil 3 to 5 minutes, that depends on size of oysters. One must be careful not to boil them too much. This is the simplest and one of the best ways to cook oysters.

DEVILED OYSTERS

12 large oysters. 1 cup milk.
1 tablespoon butter. 2 tablespoons flour.
1 egg. 1 tablespoon chopped parsley.
1 cup fresh breadcrumbs.
1 cup dry breadcrumbs.
½ teaspoon salt. Dash pepper.
Dash paprika.

Drain and rinse the oysters; put thru chopper; then put into saucepan; add onion and let them come to a boil and add 1 cup boiling milk. Rub butter and flour together and add to the oysters and milk, stirring until it thickens; then add salt, pepper, parsley and fresh breadcrumbs; mix all well together. Set aside to get cold. Have 12 large oyster shells; wash, scald and dry. Fill the mixture, dust with dry breadcrumbs (beat egg with 1 tablespoon milk), lift the oyster shell with skimmer or large spoon and cover with the beaten egg, again with breadcrumbs. Bake 20 minutes in hot oven or fry in deep, hot fat.

PIGS IN BLANKETS

Take large oysters, drain and wrap each one in a very thin slice of bacon and fasten with toothpick thru the hard part of oysters. Place in shallow pan in hot oven and bake until the bacon is brown. Have bran bread cut thin and oblong just the size to hold 5 oysters. Toast in oven and when oysters are done, lay them evenly on the bread. Garnish with thin slice of lemon that has been dipped in very finely chopped parsley. A sprig or two of watercress adds to the appearance of the dish. Sauce can be served around the bread.

The sauce can be made by adding a little flour to the pan in which the oysters are baked. Mix well, and add 1 cup of cold milk and seasoning to taste; boil 5 minutes.

A GOOD WINTER SOUP

1 pound neck of beef.
¼ cup beef suet. ¼ cup barley.
¼ cup green peas. 1 cup diced carrots.
1 cup finely cut onion. 1 cup diced potatoes.
1 level tablespoon salt. Pepper to taste.
2 tablespoons cut parsley.

Wash the meat, put on to boil with 2½ quarts of water, boil ¾ hour; then add the well-washed barley and beef suet; boil ½ hour; then add rest of ingredients; boil 40 minutes; remove meat and suet. If it is too thick, add rice or any other vegetable stock that is on hand. There must be 2 quarts of thick soup when finished, allowing 2 large helpings for each person.

Note—The meat and suet is used for tomorrow's dinner.

PUREE OF BEAN

1 pound beans.
2 tablespoons finely cut scallions.
2 tablespoons drippings. 2 teaspoons salt.
Dash white pepper.
2 tablespoons chopped parsley. ½ teaspoon thyme.

Soak the beans in cold water overnight, drain, put into saucepan with boiling water to cover and boil slowly 2 hours, or until tender; mash thru coarse strainer and return to stock; add the onion, which has been fried in the drippings until a light brown; boil 15 minutes; add the salt, pepper, parsley, thyme and boil 5 minutes. A little thickening can be added to make it more creamy.

DRIED BEAN CHOWDER—A WHOLE MEAL

1 pound soup beans. 2 cups diced potatoes.
¼ cup finely cut onion.
1 level tablespoon salt. Pepper to taste.
1 teaspoon thyme. 1 tablespoon chopped parsley.
1 tablespoon cornstarch.
½ pound half-smoked sausage.

Wash and soak the beans overnight, put on to boil with 2½ quarts of cold water; boil slowly 2 or 3 hours, then add potatoes and onion, salt and pepper, boil 45 minutes, or until the beans and potatoes have boiled to a mush. It may be necessary to mash the beans to make it quite thick. Add parsley and thyme and the cornstarch, which has been mixed in cold water.

Wash and cut the half-smoked sausages into ¼-inch pieces and put in the chowder. This gives the smoked meat flavor and makes a very hearty chowder.

MOCK OYSTER OR SALSIFY SOUP

2 cups salsify. 2 cups milk.
1 tablespoon grated onion.
1 tablespoon butter or butter substitute.
1 tablespoon flour. 1 teaspoon salt.
¼ teaspoon paprika.

Wash and scrape, cut in ½-inch rounds, put into cold water at once, so they will not get dark; drain, cover with boiling water and boil 40 minutes, or until tender; drain and mash thru colander; add 2 cups of rice or vegetable stock, onion seasoning; add the hot milk and butter or substitute and flour, which have been rubbed together until smooth; boil 5 minutes; add a few thin slices of the salsify (uncooked), dust with paprika and serve with crackers.

FISH

FILET OF FLOUNDER, SAUCE TARTARE

Flounder. 1 egg. 1 cup breadcrumbs.
1 teaspoon salt.
½ teaspoon white pepper.

Split and remove all bone and skin from flounder; cut in pieces about 2x3 inches; wash and dry on piece of cheesecloth; dust with salt and pepper; dredge with flour; dip in egg which has been beaten with 1 tablespoon of cold milk, then in breadcrumbs. Fry in deep, hot fat.

Sauce Tartare

1 cup mayonnaise.
1 tablespoon finely chopped capers or olives.
1 tablespoon sour gherkins.
1 tablespoon onion juice.

Be sure the mayonnaise is seasoned highly. Just before serving add the other ingredients, mix and serve in sauce boat.

DEVILED FISH

2 pounds steakfish or haddock.
2 cups cream sauce.
1 tablespoon Worcestershire sauce.
2 tablespoons chopped parsley.
2 tablespoons grated onion or nutmeg.
1 teaspoon salt. ¼ teaspoon paprika.
1 teaspoon butter or butter substitute.
½ cup breadcrumbs.

Boil the fish 20 minutes; drain; when cold remove all skin and bone. Put the flake in a bowl, add the cream sauce, onion, parsley, salt and paprika and Worcestershire sauce; mix very lightly, so as to not break the fish. Brush shallow earthen dish with drippings; fill with fish and cover with breadcrumbs; bake in moderate oven 30 minutes; serve in dish in which it is baked.

SMOKED HERRING

Remove head and split, being careful not to break or cut the roe or milt. Remove backbone and skin, which is quite easily done if started at top end. After the fish have been cleaned they can be broiled and a little melted butter substitute put on top, or they can be put on pie plate and placed in hot oven 5 to 10 minutes. Serve with slice of lemon.

The roe or milt can be either broiled or put in oven with the fish.

CREAMED FISH WITH MASHED POTATOES

2 cups flaked cooked fish.
1 cup white sauce.
2 quarts mashed and seasoned potatoes.

Add the fish to the hot sauce, put in center of chop plate and put the mashed potatoes around the edge; sprinkle with chopped parsley and paprika.

BOILED CODFISH, PARSLEY SAUCE

Wash the fish, place on piece of cheesecloth, bring the cheesecloth around the fish and tie it in 3 or 4 places. Have the water boiling and put in the fish, add 2 tablespoons of cut onion, 1 tablespoon of salt, ⅛ teaspoon pepper and boil 25 minutes. Lift out as told before and cover with the following sauce:

PARSLEY SAUCE

1 tablespoon butter substitute.
1 tablespoon oat flour. 1 cup milk.
½ teaspoon salt. 1 tablespoon cut parsley.
¼ teaspoon paprika.
1 teaspoon grated onion.
1 hard-boiled egg.

Put the butter substitute into saucepan, melt, add the flour, mix well and then add the cold milk slowly, add onion and stir until smooth and creamy; then add the salt, parsley, paprika and the hard-boiled egg chopped fine. Boil 1 minute.

CREAMED HADDOCK IN RAMEKINS

2 pounds haddock. 2 tablespoons butter.
2 tablespoons flour. 1¾ cups milk.
1 teaspoon salt. ½ teaspoon white pepper.
⅛ teaspoon paprika. 1 tablespoon grated onion.
1 tablespoon chopped green peppers if you like them.

Wash and boil the fish 15 minutes; drain; remove all skin and bone; break into small pieces; add to the sauce; mix lightly. Brush ramekins or guernsey dish with drippings. Put in the fish and bake in hot oven until a nice brown.

Sauce: Put the butter, onion and green peppers into saucepan; when onion is cooked, add the flour. Mix well and add the cold milk slowly. When thick and smooth, add the salt, paprika and pepper. Mix well and add the fish.

FISH IN CASSEROLE

2 pounds steakfish.
1½ tablespoons butter or butter substitute.
1½ tablespoons flour. 1½ cups milk.
½ teaspoon salt. A little red pepper.
1 teaspoon onion juice.

Wash and wipe the fish, put into saucepan, cover with boiling water; add 1 teaspoon salt and 1 teaspoon finely cut onion; boil 10 minutes; remove skin and bone. Brush casserole with butter or drippings, break the fish into pieces and put in; cover with the sauce and 1 tablespoon finely chopped green pepper; bake 30 minutes in moderate oven with cover.

Sauce: Put the butter and onion juice into saucepan; when butter is melted add the flour, mix well, and add the cold milk slowly, stirring until smooth and creamy; add the salt and pepper and boil 3 minutes.

BOILED STEAKFISH WITH SAUCE

1½ pounds steakfish.
1 cup left-over stewed tomatoes.
¼ cup cut onion. 1 tablespoon butter.
1 tablespoon cornstarch.
½ teaspoon salt. A little pepper.

Put the onion and fat into pan, fry until brown and crisp; add tomato and boil 5 minutes; rub thru strainer; add seasoning and cornstarch and boil 3 minutes. Pour over the boiled steakfish.

BROILED MACKEREL

Rinse a medium-sized mackerel the evening before, put into pan, skin side up; fill pan with water before going to bed. In the morning take from the water and dry, brush with 1 teaspoon olive oil on the split side, place in broiler over clear fire, and keep turning quite often until it is a nice brown. You can put over a little melted butter; dust with pepper.

YARMOUTH BLOATER

Skin the bloater, remove the head and tail; split down the back and remove the entrails. Place on bakepan which has been brushed with drippings and put in hot oven 15 minutes; remove and place on hot platter.

MEATS

LAMB A LA NEWBERG

2 cups cold boiled lamb. 1 cup cream sauce.
1 tablespoon finely cut green peppers. 1 cup rice.
Cut the lamb into inch-square thin pieces; cover with cream sauce, which has been colored with 1 teaspoon caramel; add the green pepper and put in center of platter. The rice is washed and boiled as usual, and put around the meat. Dust the rice with paprika and sprinkle with chopped parsley.

FOREQUARTER OF LAMB

If a forequarter of lamb is correctly cut there should be a rack of lamb (French chops), a shoulder, also the neck and breast, which is boiled. The broth is used for soup, and the meat can be used for croquettes, meat loaf, creamed and served on toast, for salads or used in many other ways. True, there is not a great deal from the forequarter weighing 8 to 9 pounds, but there will be 2 cups of lean meat which, when used with other food, will always be enough for the family of 4 or 5 persons. Or it can be made into a stew or curried and served with rice.

The shoulder can be filled and roasted or boiled with caper sauce, or pot roasted. The rack, which is the dainty French chops, is the choicest of the entire lamb, and if the butcher cuts the forequarter correctly—that is, removes the shoulder and takes out all bone, then cuts off the neck and breast; then removes the chine and frenches the chops same as for a crown roast—there will be 12 very choice chops to cut as needed.

CROWN ROAST YEARLING LAMB

One rack of lamb is fixed and tied by the butcher. The trimmings and bones that were boiled yesterday are used in the bottom of the pan, and the meat is seasoned and placed on same. The chopstick is covered with a small pudding pan so it will not burn. Roast quickly 45 minutes. Place on warm chop plate. Put the potatoes in center and the peas around the meat.

1 quart old potatoes, mashed.
1 can of peas.

The rack of lamb makes a very small crown roast, but the rack can be cut with the neck (chops) and there will be enough meat for the moderate meat eater.

LAMB STEW WITH CARROTS AND PEAS

1½ pounds lean stewing lamb.
1 quart carrots. 1 tablespoon cut onion.
2 tablespoons finely cut parsley.
1 teaspoon salt. Paprika.

Have the meat cut into small pieces; wash and put into saucepan with 4 cups boiling water. Boil 1½ hours, then add the carrots, which have been washed, scraped and cut into 1-inch thin strips. The onion, salt and pepper are added. Be sure there is enough water to come to top of carrots and meat. Boil 45 minutes. Mix flour with cold water and add to meat and carrots to make a thick sauce. Boil 5 minutes; then add the parsley. Serve the meat in center of platter and carrots around. Heat 1 can of peas and pour around the carrots. When prepared in this way no butter is needed, the meat is nicely flavored and the carrots and sauce are rich and tasty.

ESCALLOPED LAMB WITH CREOLE SAUCE

Cut the cold boiled meat into small, thin slices; put in shallow earthen or glass dish; then cover with sauce creole, made as follows:

2 tablespoons drippings or cooking oil.
½ cup finely cut onions.
2 tablespoons finely cut green pepper.
2 cups tomatoes. 1 tablespoon sugar.
2 teaspoons salt. ⅛ teaspoon paprika.
⅛ teaspoon whole cloves and allspice.
Piece of whole mace. 2 tablespoons flour.
1 tablespoon table sauce.
2 tablespoons finely cut parsley or celery top.
1 tablespoon caramel.

Put the drippings or oil into frypan; add the onions and peppers and fry until brown; then add tomatoes and spices and fry until quite dry, stirring quite often. Add 2 cups of vegetable or rice stock or water and seasoning. Cook slowly 30 minutes (simmer); add flour, which has been mixed with a little cold water; boil 5 minutes. Then rub thru strainer and add table sauce and caramel, parsley or celery top. Pour over the meat, sprinkle with breadcrumbs and put in oven for 15 to 20 minutes.

CURRIED LAMB WITH RICE BORDER

1 pound lean lamb. 1 cup rice. 2 tablespoons cut onion.
1 teaspoon curry powder or powder to taste.
1 teaspoon salt. 1 tablespoon cut parsley.
1 tablespoon flour.

Wipe the lamb with wet pieces of cheesecloth; put in saucepan; cover with boiling water; add onion and salt and boil slowly 2 hours, or until tender. Mix the curry powder and flour with a little cold water and add to the meat. Boil 5 minutes. The rice is washed, boiled, blanched and dusted with salt, as usual, and put around the edge of platter. Put the meat and gravy in center; sprinkle with parsley and dust with paprika.

BROWN BEEF STEW WITH DUMPLINGS

Brown the beef in a little beef drippings, add onion and seasoning and boil until tender; add a little of the celery stock to flavor the gravy and meat; when tender add a little cornstarch thickening and serve on chop plate with dumplings around the edge; garnish with parsley and dust dumplings with paprika. This makes a very hearty dish.

Dumplings

1 cup flour. 1 teaspoon baking powder. ¼ teaspoon salt.
1 teaspoon lard or shortening. Milk.

Sift dry ingredients; add shortening; rub in very lightly; add sufficient milk to make a stiff dough; take a teaspoonful in floured hands and roll evenly; after all are made, put on top of meat; put cover on so steam will not escape and boil 10 minutes; remove with fork and put around the edge of platter. This amount makes about 10 medium-sized dumplings.

BEEF STEW WITH HOMINY

1 pound lean stewing beef.
1 quart cooked hominy. 1 cup carrots.
1 cup tomatoes. 1 cup cut onion. 2 tablespoons flour.
1 tablespoon chopped parsley.
1 tablespoon caramel. 1 teaspoon salt.
⅛ teaspoon white pepper. Dash paprika.

Wipe the meat, cut into 2-inch pieces, put in boiler and add 2 cups of boiling water; boil slowly ½ hour. Add the onion and carrot, which have been cut small, boil 20 minutes. Add the cooked hominy, tomatoes, salt and pepper; boil 20 minutes. Mix the thickening with a little cold water, add and boil 3 minutes; add the caramel and chopped parsley. Serve on hot platter.

Note: The hominy can be served around the meat as a border.

SHEPHERD'S PIE

1 pound lean stewing meat. ¼ peck potatoes.
2 tablespoons cut onion.
1 tablespoon cut parsley. 2 teaspoons salt.
⅛ teaspoon paprika. 1 tablespoon cornmeal.
1 tablespoon cornstarch. 2 cups canned peas.

Cut the meat into small pieces, put on to boil in 3 cups of boiling water; add 1 teaspoon salt, pepper and onion, boil until tender, about 2½ hours; add half the potatoes, cut in dice, and boil 25 minutes.

While the meat is boiling, wash, boil and skin the other half of potatoes, put thru fruit press or potato ricer, add 1 teaspoon of salt, pepper and a little milk; beat until light and smooth.

Put the stewed meat and potatoes, which have been thickened with the cornstarch, into bakedish, then cover with the peas, which are seasoned with a little salt. Cover top with the mashed potatoes, rough with fork, sprinkle with cornmeal and put in oven to brown.

BAKED MEAT PIE WITH HOMINY

1 pound lean stewing beef.
1 teaspoon salt. A little paprika.
4 cups cold boiled hominy.
2 tablespoons cut celery top.
1 tablespoon flour.

The meat is cut in small pieces; wash and put into saucepan with 3 cups of water; boil until tender and then add seasoning, hominy and flour thickening. Place meat and hominy in bakedish and cover with ½-inch crust; pour ½ cup of the warm meat stock over top of crust and put in moderate oven and bake 25 to 30 minutes. Serve in dish in which it is baked. Crust is made as follows:

½ cup flour.
2 tablespoons beef suet.
¼ teaspoon salt.
2 teaspoons baking powder.

Put the flour, salt and baking powder into bowl. Put suet thru the food chopper and add to flour; mix well; then add enough cold rice stock to make a dough that can be patted flat just large enough to cover top of bakedish. The suet must be chopped very fine.

BAKED HAM

Half of a small smoked ham, or a slice cut 3 to 3½ inches thick from the center of the ham. Wipe, put on with cold water to cover; boil slowly until tender. Boil the day before and let it cool in the stock. Trim off the skin; place in shallow pan; cover with 1 cup of brown sugar, 1 tablespoon flour and ⅛ teaspoon pepper; add 2 cups cold water and bake until brown. Baste 2 or 3 times.

Remove the ham, and to the gravy add 2 tablespoons flour mixed with cold water and boil 3 minutes.

BOILED HAM WITH SPINACH

The butt end of ham is washed in hot water; put on to boil in cold water; boil slowly until tender. Remove, put in warm place and add the spinach, which has been washed thoroly; boil 20 minutes (not too tender); season to taste. The ham is sliced thin and put around the spinach.

PORK CHOPS WITH BROWNED HOMINY

1 pound pork chops. 1 pound hominy.
2 teaspoons salt and pepper to taste.

Have small loin or rack chops cut 5 to the pound; trim off the chine bone. Put the chops into hot pan without fat, also the trimmings; fry quickly, turning quite often. There will be enough fat from the meat and bone trimmings to fry the meat. After the chops are browned nicely, season with salt and pepper. Place on center of hot platter. Put the hominy, which has been soaked overnight and boiled until tender (either in a fireless cooker or in front of cellar furnace) into pan after removing bones. Fry same as you would hashed browned potatoes. Season to taste and put around the chops. Sprinkle with chopped parsley and paprika.

OX TONGUE WITH VEGETABLE SAUCE

Place the tongue in small pan, set pan in another with hot water, cover and put over fire 15 minutes. Slice thin and cover with the sauce.

Vegetable Sauce

1 tablespoon drippings.
½ cup cut onion. 1 cup canned tomatoes.
2 tablespoons finely cut carrot.
1 tablespoon chopped parsley.
1 teaspoon salt. ⅛ teaspoon white pepper.
⅛ teaspoon paprika. 1 tablespoon flour.

Put the drippings in frypan, add the onion and fry until tender, but not brown; add the tomatoes and carrots, 1 cup of water and boil 15 minutes; add seasoning and flour, which has been mixed with a little cold water; boil 3 minutes. Pour over tongue and sprinkle with the parsley.

VEGETABLES

ESCALLOPED ONIONS

1 quart onions.
1 tablespoon butter or substitute.
1 tablespoon flour. 1 cup milk.
1½ tablespoons salt.
Dash white pepper. ½ cup breadcrumbs.

Put onions into pan of cold water, peel and cut into ¼-inch rings. Put into saucepan of boiling water and boil 10 minutes, or until tender. Drain, saving stock for the tomato soup. Brush bakedish with butter, sprinkle with breadcrumbs, put in onions, pour over the cream sauce, cover with breadcrumbs and bake in hot oven until light brown.

SCOTCH POTATOES

1 quart white potatoes. 1 quart onions.
1 cup milk. 1 teaspoon salt.
⅛ teaspoon pepper.
1 tablespoon cut parsley or celery top.

Wash and pare the potatoes and onions, cut in ¼-inch rounds; put in saucepan, cover with boiling water and boil 20 minutes; drain and put in bakedish, dust with salt and pepper, cover with milk; place in moderate oven and bake 30 minutes. Sprinkle with parsley or celery tops and serve in dish in which it is baked. One tablespoon of butter or oleomargarine can be added if desired.

BAKED LIMA BEANS

1 pound dried lima beans.
1 teaspoon salt. ⅛ teaspoon pepper.
1 tablespoon dried mustard.
2 tablespoons molasses.

Soak the beans overnight; put in saucepan, cover with boiling water; boil 1 hour, or until tender (time depends on age of beans). Drain, put in casserole or bakepan with the drippings, pepper and molasses and 2 cups of boiling water. Place in moderate oven 2 hours. Serve in dish in which they are baked.

LIMA BEANS WITH "HALF-SMOKES"

1 pound lima beans.
½ pound half-smoked sausages.
1 teaspoon salt. ⅛ teaspoon pepper.
1 tablespoon molasses.

Soak the lima beans 24 hours; boil slowly from 2 to 4 hours. Some beans will cook tender in less than an hour. It is always best to be on the safe side; therefore, put them on early. If tender in 1 hour, put on back of stove until ready to serve; then drain and serve with half-smoked sausage, which is boiled and cut into ½-inch pieces and mixed thru the beans. Season to taste. This can be baked or served plain.

CREAMED LENTILS

Boil 2 cups of lentils, the same as in foregoing recipe; drain and add 1 cup of cream sauce.

Sauce: Put 1 tablespoon butter into saucepan, melt; add 1 teaspoon onion juice and 1 tablespoon flour; mix well and add 1 cup of cold milk slowly; stir until smooth and creamy; add 1 teaspoon salt, a dash white pepper.

MASHED YELLOW TURNIPS

Wash, pare and cut ¼ peck of turnips into small pieces; put into saucepan; cover with boiling water and boil until tender, without a lid. Drain, mash and add 2 teaspoons of salt, a little white pepper and 2 teaspoons of butter.

CREAMED TURNIPS

1 quart turnips.
1 tablespoon butter.
1 tablespoon flour.
1 cup milk.
1 teaspoon salt.
Dash of pepper.

Wash, pare and cut the turnips into ½-inch dice. Put on with boiling water to cover, and boil until tender, without a cover. Drain and pour over the cream sauce; mix well.

Sauce: Put the butter into a saucepan; melt; add the flour; mix well, and then add the cold milk slowly. Stir until smooth and creamy, and add the salt and pepper; boil 2 minutes.

CAULIFLOWER AU GRATIN

1 cauliflower. 1 cup cream sauce.
1 cup fresh breadcrumbs.
¼ cup grated cheese.

Trim the outside leaves; put in bowl of cold water stem end up for 30 minutes. Put in saucepan stem end down; cover with boiling water and boil 20 minutes. Remove carefully, separate the flowerets; arrange carefully in shallow earthen dish. Cover with cream sauce and sprinkle top with breadcrumbs and cheese. Place in hot oven about 20 minutes. Serve in dish in which it is baked. The sauce should be well seasoned.

BROWNED PARSNIPS

1 quart parsnips.
1 teaspoon salt.
2 teaspoons butter or bacon drippings.
Pinch of pepper.

Wash, pare and cut the parsnips into ½-inch rounds or slices. Cover with boiling water and boil 25 to 30 minutes, or until tender; drain. Brush griddle with butter or drippings, put on parsnips and brown them nicely. Dust with salt and pepper. Or they can be put into a shallow pan with the drippings; salt and pepper; sprinkle with sugar, put in a hot oven and brown.

ESCALLOPED PARSNIPS

Wash, pare and cut 1 quart of parsnips into rounds; put into saucepan; cover with boiling water; boil until tender, without a cover. Drain; add to the cream sauce. Brush bakedish with butter; sprinkle with breadcrumbs; put in the parsnips and cream sauce, and sprinkle with breadcrumbs over top. Bake in hot oven until brown.

Cream sauce: Put 1 tablespoon of butter into saucepan; melt; add 1 tablespoon of flour; mix well. Add 1 cup of cold milk slowly; stir until smooth and creamy; then add 1 teaspoon of salt and a dash of pepper; boil 2 minutes.

HASHED PARSNIPS

4 cups finely cut parsnips.
1 tablespoon drippings.
3 tablespoons milk.
1 teaspoon salt.
Dash of pepper.

Put drippings into saucepan; add finely cut parsnips, salt and pepper, and keep turning constantly until heated thru; then add 2 tablespoons of cold milk and fry until brown.

SWEET POTATOES IN CASSEROLE

1 quart parboiled sweet potatoes.
½ cup boiling water.
1 tablespoon drippings, butter or butter substitute.
1 level teaspoon cinnamon.
¼ teaspoon ginger.
1 level teaspoon salt.

Boil potatoes 10 minutes; skin and cut into ½-inch slices. Put in casserole, cover with sugar; add seasoning and flavoring; put drippings on top and cover and put in moderate oven 1 hour; then remove cover and brown slightly. Serve in dish in which they are baked.

BROWNED MASHED SWEET POTATOES

¼ peck sweet potatoes.
2 tablespoons milk. ½ teaspoon salt.
1 tablespoon butter substitute.

Boil the potatoes in skins, when tender skin, and put thru potato ricer or fruit press; add milk and seasoning. Beat until light; put in bakedish in hot oven. The butter substitute is put on in small pieces after baked. Serve in dish in which it is baked.

CANDIED SWEET POTATOES

Wash ¼ peck small sweet potatoes, put on with boiling water and boil 20 minutes. Drain and skin. Brush pan with drippings. Place the sweet potatoes on, dust with 1 teaspoon salt, ¼ teaspoon pepper, ½ cup brown sugar and put butter in small pieces over top. Put in moderate oven 15 minutes, or until nicely glazed and brown.

SALADS AND DRESSINGS

EGG SALAD

4 hard-boiled eggs. 1 cup shredded lettuce.
½ cup mayonnaise or boiled dressing.
¼ cup French dressing flavored with onions.
Salt and pepper.

Line shallow bowl or salad plates with lettuce. Separate the eggs; slice the whites into narrow, long strips and put on the lettuce. Rub the yolks thru a coarse strainer or fruit press over the whites. Sprinkle with salt and paprika; put the mayonnaise or boiled dressing on in 2 or 3 small mounds, then put a tablespoon of French dressing on, or it can be passed and each person can put on what he or she likes.

DAISY SALAD

4 hard-boiled eggs. ½ cup French dressing.
2 cups shredded lettuce.

Cut the eggs in half, the long way, remove the yolks. Cut the whites in narrow strips; mash the yolks thru a strainer. Put a little lettuce on each plate and put about a teaspoonful of the yellow right in the center and arrange the pieces of white around the yellow, so as to make it look like a daisy. Serve with French dressing. The dressing should have a little grated onion in it.

STUFFED PEPPER SALAD

2 green peppers.
2 tablespoons finely chopped peppers.
1 tablespoon grated onions.
½ teaspoon curry powder or dry mustard.
4 stuffed olives.
2 cups cold boiled rice or mashed potatoes.
½ cup mayonnaise or boiled dressing.
Shredded or whole lettuce leaves.

The peppers should be the long, thin kind. The tops are cut off at the stem end, washed and all seeds and white fiber removed. The pepper is chopped fine and added to the rice with the onion, curry powder and dressing. Mix well and fill the pepper and press very firm. Set in cold place. Line bowl with shredded lettuce and with sharp knife cut the pepper into ¼-inch rings and lay on lettuce. Garnish top with the olives that have been cut in 3 rings.

RING SALAD

1 cup rice. 4 hard-boiled eggs.
2 tablespoons chopped parsley or green peppers.
½ cup French dressing or mayonnaise.
4 stuffed olives.

Boil the rice as usual; blanch with cold water; dust with 1 teaspoon salt and a little pepper. The rice should be boiled several hours before using and put in a very cold place.

Line bowl or chop plate with shredded lettuce; pile the rice in center; cut the eggs in half crosswise; remove the yolk and cut the whites in very fine rings; lay them around the rice, overlapping each other. Rub the yolk thru coarse strainer over top of rice; pour the French dressing over; sprinkle with the parsley; cut each olive in 4 rings and garnish the top of salad. Shredded lettuce around the edge of bowl or plate makes it very attractive.

TOMATO ASPIC, MARQUISE DRESSING

1 quart can tomatoes.
2 tablespoons gelatin.
1 tablespoon sugar. 1 teaspoon salt.
¼ teaspoon paprika.
4 cups shredded lettuce.
½ cup mayonnaise or salad dressing of choice.

Mash the tomatoes thru wire strainer; put on and boil; add seasoning and sugar. As soon as it begins to boil remove from fire and add the gelatin, which has been soaked with ¼ cup of cold water; stir until the gelatin is dissolved; then rinse 6 or 8 mustard cups or the individual tin tomato molds. Put the cups or molds on tray and fill with the tomatoes and set in cold place until firm. If for the evening meal, make it immediately after breakfast, or it can be made the evening before. Before removing, dip the cup or mold into hot water a few minutes, loosen edge with knife and turn out on the shredded lettuce. Surround with 2 tablespoons of marquise dressing and 1 teaspoon of mayonnaise on top of tomato mold.

Marquise dressing: To 1 cup of very finely chopped parsley add ½ cup of finely chopped onion and cover with olive oil. It must stand at least 2 hours before using to marinate thoroly; then add salt and pepper to taste and 2 tablespoons lemon juice, tarragon vinegar or plain vinegar. This makes a delicious dinner salad.

KIDNEY BEAN SALAD

Put 1 quart of kidney beans to soak overnight in 2 quarts of cold water. Drain and put on with 2 quarts boiling water and boil slowly 3 hours, or until tender.

Drain and blanch with cold water; mix with ½ cup finely cut onions which have been marinated with 2 tablespoons of oil for 2 hours. Line bowl with shredded lettuce; put in the beans and onions and serve with French dressing. Garnish with strips of cooked carrot or pickled red beet.

CREAM MAYONNAISE DRESSING

To mayonnaise dressing add, just before serving, ¼ cup heavy cream beaten stiff.

ORANGE SALAD IN ORANGE CUPS

2 oranges. 8 marshmallows.
1 slice canned pineapple. Chopped parsley.
½ cup white grapes. ¼ cup nut meats.
Pimento. Fruit salad dressing. Lettuce.

Cut oranges in half; remove pulp carefully; then pull out all membrane, leaving orange cups; cut pineapple, marshmallow and nuts in small pieces; skin and seed the grapes before measuring and mix all with orange pulp and a little dressing. Fill orange cups; cover with dressing, and cross two strips of pimento on the dressing. Place half a grape on center of salad and a bit of chopped parsley between the strips of pimento on the dressing.

FRINGED CELERY SALAD

1 quart celery cut into 2-inch pieces.
4 cups shredded lettuce.
½ cup mayonnaise or dressing of choice.
1 hard-boiled egg.

Cut the thick celery into 2-inch pieces; make 5 or 6 parallel cuts on each end; put in bowl or cold water with a piece of ice, and let it stand 1 hour; drain and shake dry. Put lettuce in center of plate and the celery around the edge; cover with mayonnaise and finely chopped egg; sprinkle top with salt and paprika.

APPLE AND FRESH GRATED COCOANUT SALAD

4 cups chopped apples.
1 cup fresh grated cocoanut.
4 cups shredded lettuce.
2 tablespoons oil. 1 level teaspoon salt.
1 teaspoon dry mustard. 1 teaspoon sugar.
¼ cup vinegar.

Mix the apples and cocoanut, reserving 2 tablespoons of cocoanut to sprinkle over top.

Make a dressing of ¼ cup vinegar, mixing the dry ingredients until smooth with a little vinegar, add the oil, boil 3 minutes. Line dish with lettuce, cover with apple and cocoanut; cover with the dressing and sprinkle with cocoanut. Dust with paprika.

SPINACH SALAD

¼ peck spinach or 3 cups cold boiled spinach.
1 teaspoon onion juice. Dash pepper.
2 cups shredded lettuce. 1 hard-boiled egg.
½ cup mayonnaise or boiled dressing.

Wash, clean and boil the spinach as usual; drain and let it stand a long time in the colander; press the water out with back of spoon; when quite dry chop, not too fine, and add onion, salt, pepper and the yolk of hard-boiled egg that has been mashed fine and the dressing. Take up a heaping teaspoonful and form into round balls.

Line plate with shredded lettuce and place the balls on it. Sprinkle the balls with the finely chopped white of egg. This is a very attractive salad.

POTATO, EGG AND BEET SALAD

1 quart boiled potatoes.
2 hard-boiled eggs. Cup pickled beets.
2 teaspoons finely cut parsley.
1 tablespoon finely cut onion.
1 teaspoon salt. Dash paprika.
½ cup salad dressing.

Dice the potatoes very small; separate the eggs; chop the whites fine; add half the parsley, onion, seasoning and dressing. Mix together very lightly; pile in center of bowl; garnish the edge with chopped pickled beets and rub the yolks of eggs thru strainer over the top of potatoes; sprinkle with parsley and dust with paprika. The amount of salad dressing is a matter of taste.

CHICKEN SALAD

4 cups cold boiled chicken.
2 cups finely cut celery.
1½ cups mayonnaise.
4 cups shredded lettuce or lettuce leaves.
Salt, pepper and paprika.
½ cup stuffed olives. 2 hard-boiled eggs.

Mix chicken, celery and half mayonnaise. Season to taste and put on salad dish that has been lined with lettuce. Cover with the remainder of mayonnaise, sprinkle with paprika and garnish with sliced eggs and sliced olives.

RUSSIAN SALAD DRESSING

3 tablespoons mayonnaise dressing.
2 tablespoons olive oil.
1 tablespoon lemon juice.
1 tablespoon tomato catsup.
1 teaspoon chopped green pepper.
2 drops tabasco sauce.

Add ingredients very slowly to mayonnaise dressing, stirring constantly.

THOUSAND ISLAND SALAD DRESSING

½ cup olive oil. Juice of ½ lemon.
1 teaspoon grated onion.
1 tablespoon chopped parsley.
8 sliced olives. 8 cooked chestnuts.
¼ teaspoon salt. ¼ teaspoon paprika.
1 teaspoon Worcestershire sauce.
¼ teaspoon mustard.

Remove shells from chestnuts and cook in boiling salted water until soft; then cool and cut in thin slices. Put all the ingredients in a pint glass jar, cover and shake until smooth and slightly thickened. Serve on southern lettuce, cut in quarters, that has been carefully washed and drained.

The reason for using so little oil is that the cocoanut is rich in fat. This makes a very good and wholesome luncheon salad.

DESSERTS

PINEAPPLE MOUSSE

2 cups grated pineapple.
2 cups whipping cream.
1½ cups sugar.
Ice and salt for freezing.

Put the grated pineapple in saucepan over fire, add the sugar, stirring until the sugar is melted; then mash thru wire strainer. Whip the cream until dry and slowly fold in the cold pineapple. Rinse mold in cold water, put on lid and pack in finely cracked ice and salt. It should stand 2 or 3 hours before using. Wipe mold with cloth which has been wrung out of cold water before opening. It can be garnished with conserved fruits and whipped cream or sprigs of maidenhair fern.

SULTANA ROLL

1 quart single cream. 1 cup sugar.
1 cup sultana raisins or chopped seeded raisins.
½ cup blanched and finely chopped almonds.
Yolks of 3 eggs. ½ cup orange juice.
1 tablespoon vanilla extract.
1 teaspoon almond extract. A few grains salt.

Put half the cream and sugar in top of double boiler, stir until sugar is dissolved. Beat the yolks of eggs until light, add to the cream and sugar. Put over fire and stir until it gets thick; it must not boil. Wash and dry the sultana raisins and cover with orange juice 1 hour. The almonds are best put thru a meat chopper. When cream and eggs are cold add nuts and flavoring. The other half of cream put into freezer and churn 10 minutes; add the raisins and orange juice, turn 3 minutes; remove dasher and fill into mold, ice it, or it can be served in glasses with a sauce separate. Canned strawberries, cherries or raspberries mixed with whipped cream make a good sauce. Or it can be served with whipped cream and garnished on top and around edge of mold.

MAPLE PARFAIT

3 eggs. 1 cup maple syrup.
1 pint whipping cream.

Put the maple syrup on in top of a double boiler; when it is at the boiling point pour over the well-beaten eggs, beat for 3 minutes. When cold, add to the cream, which has been whipped; mix all together very lightly; put into mold, which has been rinsed with cold water. Pack in ice and salt and stand for 2 hours.

CARAMEL CUSTARD PUDDING

3 eggs. 2 cups milk or rice stock.
¼ teaspoon salt. 4 tablespoons sugar.
1 teaspoon butter substitute, flavoring to taste.

Beat the eggs, yolks and whites together; add the sugar, salt and milk; beat well; brush 6 small custard cups with the butter substitute, put in ½ teaspoon of caramel (melted and browned sugar) and shake the cup, then pour in the custard. Place cups in pan of warm water; put in oven and bake 20 minutes or until you can put a silver knife in center and it comes out dry.

Caramel: Put 4 teaspoons sugar into small frypan and melt until light brown.

MAPLE CUSTARD

3 eggs.
3 cups milk.
¼ teaspoon salt.
1 teaspoon butter or butter substitute.
4 tablespoons maple syrup.

Beat the eggs; add the syrup, salt and milk; mix well; brush custard cups with butter or butter substitute; pour in mixture. Put the cups in pan of hot water and place in moderate oven; bake 20 minutes or until you can put a silver knife in the center and upon removing find it dry. Turn out on sauce dish when cold, and cover with 1 tablespoon grated maple syrup before serving.

SYLLABUB

1 cup whipping cream.
1 teaspoon lemon juice.
½ cup sugar.
2 tablespoons tart red jelly.

Mix jelly, lemon juice and sugar together. Whip the cream until thick; then fold the mixture into cream. Put into ice cream glasses and garnish top with tiny piece of red jelly.

PINK DELIGHT

Into the whites of 2 eggs, beaten stiff, beat 2 tablespoons of powdered sugar and 1 cup of strawberry jam. Set on the ice until chilled. Serve in glasses. This is a simple dessert, but it delights the eye as well as the palate. I have used red raspberry jam, pineapple or orange marmalade in place of the strawberry with excellent results.

DESSERT MADE FROM CANNED FRUIT

An especially good dessert is made from breadcrumbs and canned peaches.

1 cup crushed breadcrumbs.
6 halves of canned peaches.
1 cup syrup from peaches.
1 cup thin custard.

Put half the crumbs in bottom of shallow glass bowl; cover with the peaches; put the remainder of crumbs over top of peaches and pour the syrup over the top; if not very sweet, a little more sugar is sprinkled over top; or a cup of whipped cream can be used; or if there is an egg white on hand, whip until light with 1 tablespoonful of sugar; put over top and dry in oven.

This is very easily made; any rich canned fruit can be used. It will make a can of fruit go much further than if served alone.

APPLE SAUCE GELATIN

2 cups sweetened apple sauce.
1 tablespoon gelatin. ¼ cup sugar.

Strain the apple sauce, have it hot and add the gelatin that has been dissolved in ¼ cup of water. Add sugar and a little grated nutmeg and mix well. Pour into square dish or briek pan that has been rinsed in cold water. Set away to get cold and firm, then cut into slices or square blocks. This can be served with custard sauce or rich milk.

HONEY CUP CUSTARD

2 eggs.
2 cups milk.
Pinch of salt.
2 tablespoons honey.
½ teaspoon butter.

Warm the honey and add to the milk. Beat the eggs until well mixed and add to the honey and milk; add few grains of salt. Brush 6 custard cups with butter, fill nearly to top; place in pan of hot water; put in oven and bake until firm. Put silver knife in center; if it comes out dry the custards are done.

P. S.—No flavor is needed with honey.

SAUCES

BECHAMEL SAUCE

1 tablespoon butter.
1 tablespoon onion juice.
1 tablespoon flour.
1 tablespoon chopped or grated carrot.
½ cup stock. ½ cup milk.
1 teaspoon salt. ⅛ teaspoon paprika.
1 tablespoon chopped parsley or lemon juice.

Put butter and onion in pan over fire and heat thru. Remove from fire and add flour; rub until smooth. Add milk and stock and boil 3 minutes. Add salt, paprika, parsley or lemon juice; the carrot is boiled with the lamb broth.

FRUIT FOAMY SAUCE

Beat the whites of 2 eggs stiff and gradually add to them ½ cup of powdered sugar, a bit of salt and the grated rind and juice of an orange. The orange pulp may be cut in 5 pieces and folded into the sauce. Other fruit juice or pulp or jelly may be used in the same way, adding as much as the eggs will take up. Such a sauce lacking in fat is well adapted to a suet pudding. It should not be made until just before serving.

CREAM SAUCE

Soften 2 ounces of butter and blend it with ½ cup of fine granulated or powdered sugar, flavor as desired, then gradually work in ¼ to ½ cup of thick cream. Fruit syrup may take the place of cream for a pudding which contains little or no fruit.

OYSTER SAUCE FOR FISH OR POULTRY

25 small oysters.
1 tablespoon butter or butter substitute.
1 tablespoon flour. 1 tablespoon salt.
1 tablespoon Worcestershire sauce.
Dash paprika.

Drain the oysters; put into saucepan; boil until the edges curl. Rub butter and flour until smooth and add to the oysters. Boil 3 minutes and add seasonings. When recipe says rub butter and flour together, always have the butter soft, not melted; it is much easier to make smooth and takes less time.

TOMATO SAUCE

1 can tomatoes. 1 tablespoon sugar.
1 teaspoon butter. 1 teaspoon salt.
Pepper to taste. 1 tablespoon flour.

Boil the tomatoes very slowly until quite thick; add seasoning and flour; boil 5 minutes.

CHEESE DAINTY TO SERVE WITH SALAD

Mash the cream cheese and season with salt and pepper, add a little cold milk, if needed; spread on plate which has been brushed with melted butter ½ inch thick. Cut in diamonds; in center of each place a ring of stuffed olives (1 olive cut into 4 rings); remove with spatula; place on salted crackers or on a small lettuce leaf.

A MEAT SUBSTITUTE

2 cups of cottage cheese.
½ cup peanut butter.
2 cups mashed potatoes.
2 tablespoons white cornmeal.
1 egg.
1 tablespoon finely chopped green pepper.
1 tablespoon scraped onion.
1 teaspoon salt.
1 teaspoon drippings.

Mix the cheese and peanut butter until smooth, add the hot potatoes that are put thru the fruit press or mashed thru strainer; add onion, pepper and seasoning. Beat the egg until light, add (saving 1 teaspoon of the egg to brush top of cups), mix all well, brush custard cups with drippings and fill with mixture. Brush top with egg and sprinkle with cornmeal. Put into hot oven until brown, turn out on chop plate and serve with white or tomato sauce.

CHEESE DISHES

CHEESE PUDDING (A Meat Substitute)

2 cups (½ pound) grated cheese.
2 cups milk.
1 tablespoon butter substitute.
½ teaspoon salt.
¼ teaspoon paprika.
6 slices bread.

Butter the bread and put 3 pieces in casserole; sprinkle with half the cheese and dust with salt and pepper. Put in the other 3 pieces of buttered bread and the remainder of cheese and pour the milk over all. Place in a moderate oven and bake 30 minutes.

The slices of bread must be cut 5 inches long and 4 inches wide and ½ inch thick. There must be just enough bread to absorb the milk.

CHEESE CUTLET

2 cups chopped cheese.
2 cups breadcrumbs.
1 cup white sauce.
1 teaspoon salt.
⅛ teaspoon paprika.
1 teaspoon Worcestershire sauce.
2 tablespoons tomato catsup.
2 tablespoons finely chopped parsley.
2 eggs.

Put cheese, breadcrumbs and sauce in top of double boiler, add seasoning and flouring and 1 well-beaten egg; mix well and when it comes to the boiling point remove from fire; pour on flat dish and when cold take a tablespoonful into floured hands; shape into small cutlets. When all are formed, set in cool place for 1 hour, then dip in egg which has been mixed with 1 tablespoon of milk, then in breadcrumbs; fry in hot drippings or cooling oil. Serve with tomato sauce flavored with a little onion or white sauce. This is an exceptionally attractive and wholesome dish.

CHEESE PUFFS

2 tablespoons butter.
¼ cup boiling water.
¼ cup of grated cheese.
1 egg.
¾ cup flour.

Put butter and water in saucepan, when boiling add salt, a pinch of pepper and flour, stir until the mixture cleaves to the spoon. Remove from the fire and add the cheese and egg; beat well. Drop by teaspoonfuls on a buttered baking sheet, sprinkle with grated cheese and bake 20 minutes in a hot oven. Serve with salad.

HOT TOASTED CHEESE SANDWICHES

Cut bread thin, spread thinly with either butter substitute or butter; then spread 1 piece with cheese mixture; press together, put in oven or over coal fire and toast slowly a nice brown, or put into hot oven. The cheese mixture is made as follows: 1 cup grated cheese, 1 rounded teaspoon dry mustard, ½ level teaspoon salt, ¼ teaspoon paprika. Mix and set over warm water.

CREAM CHEESE, PEAR SHAPE

Mix 2 cheeses (cream) with a little cold milk, ¼ teaspoon salt, a dash white pepper and a dash paprika. Form into pear shapes; place a clove at end to form the stem and press in a clove at end to form blossom. Cover the pears with paprika. Serve on a cracker on a cheese and cracker plate.

CHEESE-FILLED CELERY FOR SALADS

Season cream cheese with salt to taste; mix and fill into small hollows of celery tips. Dust with paprika and very finely chopped parsley. These are very attractive if served on the salad whether served individually or around the edge of a large bowl.

CREAM CHEESE BALLS FOR MARCH 17TH

One cream cheese mixed with a little salt, pepper and paprika, and milk enough to handle. Divide the cheese into 8 parts, form into balls and roll in finely chopped parsley. Serve on crackers.

CREAM CHEESE FOR SALAD DECORATION

1 cream cheese.
1 tablespoon peanut butter.
¼ teaspoon salt.
1 cup finely shredded outside lettuce leaves.

Mix the cheese, peanut butter and salt together. It must be the consistency that it can be rolled into balls. There should be 12 balls. Shape the balls into eggs and put the shredded lettuce on cheese plate, placing the cheese eggs on top.

CAKES

COCOA SPICE CAKES

½ cup cocoa.
1 cup sugar.
½ cup water.
2 eggs.
½ cup flour.
1 teaspoon baking powder.
¼ teaspoon ground nutmeg.
½ teaspoon cinnamon.
½ teaspoon ground allspice.
¼ teaspoon ground mace.

Mix the cocoa, sugar and water together until the sugar is dissolved, then add the yolks of eggs beaten until light. Sift the flour, baking powder, a pinch of salt and spices together; add and mix well. Then add the whites of eggs beaten until stiff and mix very lightly. Brush gem pans with melted shortening, put 1 tablespoon of mixture in each and bake 18 to 20 minutes in hot oven.

CREAM PUFFS, LEMON FILLING

2 tablespoons butter.
1 cup boiling water.
1 cup pastry flour. 3 eggs.

Add the butter to the boiling water; sift in the flour, stir well and beat 3 minutes, then set aside to cool. When cold break in 1 egg; mix well and beat about 3 minutes. Add each egg in the same manner; be sure that one is well beaten in before adding the next. When all the eggs have been added beat 5 minutes. Brush pan and put the dough on in tablespoonfuls well apart. Bake 30 minutes in a hot oven. This amount makes 12 puffs.

Filling

2 tablespoons lemon juice.
½ teaspoon grated lemon rind.
2 cups milk.
6 tablespoons sugar.
2 tablespoons cornstarch. 1 egg.

Boil the milk, wet the cornstarch with 1 tablespoon of cold milk. Beat the egg, cornstarch, sugar together and add to the boiling milk; set aside to cool; then add the lemon juice and rind. Put slit in side of puff and fill. Dust with sugar and serve.

WHITE MOUNTAIN CAKE, ORANGE FILLING

½ cup shortening.
2 cups sugar.
1 cup milk.
3 egg whites.
3½ cups flour. 3 teaspoons baking powder.

Cream butter and sugar together until light; add the milk very slowly and keep beating all the time. Sift flour and baking powder together, add half, then the whites of eggs, which have been beaten light, and the rest of flour. Bake in 2 jelly tins on paper in moderately hot oven 20 to 25 minutes.

Orange Filling Is Made as Follows:

1 cup orange juice.
½ cup sugar.
3 egg yolks. 1 tablespoon flour.

Put the orange juice in top of double boiler; mix the flour with a little cold water until smooth; add the well-beaten yolks of eggs and sugar; then add to the orange juice and stir until it boils and is thick and creamy. The icing on top is a matter of taste.

PRUNE SHORT CAKE

1 cup stewed prunes.
1 cup flour.
1 teaspoon baking powder.
½ teaspoon salt.
1 teaspoon shortening.
2 teaspoons butter or oleomargarine.
¼ cup milk. 2 tablespoons sugar.

Sift flour, baking powder and salt into bowl, add shortening and rub in lightly with tips of fingers; add milk to make a soft dough; put on pietin and spread 1 inch thick; place in hot oven and bake 20 minutes; split and spread both pieces with butter, on the bottom piece put the prunes, which have been mashed fine, sprinkle with sugar. Serve warm with milk and sugar.

BAKING POWDER CINNAMON CAKE

2 cups flour.
2 teaspoons baking powder.
½ teaspoon salt.
¼ cup sugar.
1 teaspoon cinnamon.
½ cup raisins.
2 tablespoons shortening. Milk.

Sift flour, baking powder, salt and half the sugar into bowl; add shortening and rub in very lightly. Add the raisins, then milk enough to make a stiff dough. Put in a greased shallow pan; brush top with butter and sprinkle with remainder of sugar, mixed with cinnamon. Bake 20 minutes.

SOUR CREAM MOLASSES CAKE

1 cup sour milk or cream.
1 cup molasses.
1 cup brown sugar.
1 rounded or 2 level teaspoons baking soda.
½ teaspoon salt.
1 teaspoon ground cinnamon.
1 teaspoon ginger. 3 cups flour.

Put molasses and sugar into bowl; stir until sugar is dissolved, then add cream, salt and spices. Dissolve soda in 1 teaspoon hot water and add. Sift the flour, add and mix well. Line bakepan with brown paper and bake 45 to 50 minutes, or bake in muffin tins.

One thing must be remembered—a cake made with molasses and sour milk takes a little longer to bake.

APPLE SAUCE CAKE

½ cup butter or shortening. 1 cup sugar. 1 cup raisins.
1 cup currants. 1¾ cups sifted flour.
1 level teaspoon soda. 1 teaspoon cinnamon
½ teaspoon cloves. 1 cup hot, thick apple sauce.

Mix in the usual manner; bake in a tube pan lined with buttered paper nearly 1½ hours. The heat of the oven should be moderate.

DAINTY BANANA ROLLS

A rich biscuit dough is used and rolled thin and cut in 4-inch squares. A half of banana is put in center and sprinkled with sugar, ¼ teaspoon butter or substitute and a teaspoon of red jelly is put on top of banana. The edges are wet, roll the banana in the dough, brush top with egg and milk; sprinkle with granulated sugar, place in a moderate oven and bake 30 to 35 minutes.

Note: The top may be sprinkled with a few chopped nuts if they are on hand. This amount makes 12 rolls.

MARGUERITES

12 small soda crackers.
1 tablespoon currant jelly (or any tart jelly).
2 egg whites.
2 tablespoons granulated sugar.

Spread crackers with jelly; beat the egg whites until dry; add the sugar, beat a few minutes; spread on top of jellied crackers, rough with fork and dust liberally with pulverized sugar and chopped nuts. Put into cool oven to dry; the tops must be firm before removing from oven. Always beat the whites of eggs on a platter; it takes less time than in a bowl.

STICKY CINNAMON BUNS

To 1 quart of good raised dough add ½ cup sugar, 2 well-beaten eggs and 1 tablespoon butter. Roll out ½ inch thick. Mix brown sugar and cinnamon in proportions of 1 cup of sugar to 1 teaspoon cinnamon. First brush dough with melted butter, then sprinkle sugar and cinnamon over, and cleaned currants and raisins. Roll same as jelly roll, cut in 2½-inch pieces. Brush sides of pan with melted shortening and cover bottom with brown sugar; set buns in so as not to touch. Set to rise same as bread. Bake 40 to 50 minutes.

They should be 5 inches high when taken out of oven. Turn bottom side up at once. Take ½ cup of molasses, ½ cup brown sugar, 1 tablespoon of butter and heat all together until sugar is melted, brush buns thickly on bottom; let cool.

EGGLESS COCOA OR CHOCOLATE CAKES

1 cup flour.
½ cup sugar.
2 tablespoons cocoa. 2 tablespoons cocoanut.
2 tablespoons shortening.
2 teaspoons baking powder.
½ teaspoon salt. Milk.

Sift ingredients into bowl; add shortening and mix lightly; add enough milk to make a soft dough, put on floured board and pat ½ inch thick, then cover with cocoanut and cut with small biscuit cutter. Place on floured pan and put in hot oven 20 minutes. Good either warm or cold.

CRUMB TARTS

1 cup coarse breadcrumbs.
1 cup molasses.
1 teaspoon grated lemon rind.
2 tablespoons lemon juice.
¼ teaspoon salt. ¼ teaspoon cinnamon.

Line 6 small tart tins or a 5-inch pie plate with the regular pie crust and fill with the mixture, which is made as follows:

Mix crumbs, molasses, lemon and salt; put in crust and dust with cinnamon; bake in moderate oven 25 to 30 minutes. Serve warm. A half teaspoon of ginger can be used instead of lemon.

PIES

RAISIN PIE

1 cup seeded raisins. 1 cup water.
1 tablespoon cornstarch or flour.
1 tablespoon sugar or sugar to taste. ½ level teaspoon salt.

Wash the raisins, put in saucepan with cold water, bring slowly to a boil. Boil 5 minutes, add sugar, salt and cornstarch or flour, which has been mixed with a little cold water; boil 3 minutes; pour in pietin, which has been lined with crust, while hot; cover; brush top with cold milk.

Crust

1½ cups flour.
½ teaspoon salt. 3 tablespoons shortening.

Sift flour and salt together; add shortening, rubbing in very lightly with tips of fingers; add a little very cold water, just enough to hold together. The less you handle the dough the better the crust will be.

MOCK MINCE PIE

1 cup seeded raisins.
2 cups finely cut apples.
2 tablespoons chopped beef suet.
½ teaspoon cinnamon. ⅛ teaspoon ginger.
½ teaspoon salt. ½ cup brown sugar.

Wash and dry the raisins; put them thru a food chopper; place in a saucepan with 1 cup of water, and boil 5 minutes. Remove from the fire and add the rest of the ingredients. When cold, it is used in the same way as mince meat. This makes a very good mince meat substitute.

COCOANUT CUSTARD PIE

1 can fresh grated cocoanut.
½ cup sugar. Pinch of salt.
¾ cup milk. 2 eggs.

Beat eggs, milk, sugar and salt together; add can of cocoanut; pour into pietin lined with pie crust. Bake in moderate oven on bottom rack 30 to 35 minutes, or until set. Try with silver knife. If knife comes out dry, the pie is done; if the custard and cocoanut separate, it has baked too long. This fills a 7-inch pieplate of regular depth.

BOSTON CREAM PIE

1½ cups flour.
2 level teaspoons baking powder.
¼ level teaspoon salt.
2 tablespoons sugar. ¾ cup milk.
1 egg.
2 tablespoons melted shortening.

Sift dry ingredients, add milk, egg and shortening; mix well. Brush 2 layer cake pans with melted shortening; dust with flour; pour in mixture and smooth top; put in hot oven and bake 15 minutes.

Note: The mixture may be baked in 1 pan, then split and filled with following mixture:

Filling

2 cups milk.
2 rounded tablespoons cornstarch.
3 tablespoons sugar. Pinch salt.
1 egg.
1 teaspoon vanilla extract or flavoring to taste.

Put the milk on to boil; mix cornstarch, sugar and salt with a little milk and add well-beaten egg, then add to the boiling milk. Boil 3 minutes. When partly cooled, spread between layers.

APPLE TART

1 cup flour. 1 tablespoon shortening.
A few grains salt. 6 apples.
¼ cup sugar.
1 teaspoon butter or oleomargarine.
1 teaspoon cinnamon.

Sift the flour and salt into bowl; add the shortening and rub in very lightly; add just enough cold water to hold together. Place on floured board and roll out ¼ inch thick. Line pie plate. Wash, pare, quarter and core the apples, place on dough cut side down; sprinkle with sugar and cinnamon and butter broken in small pieces; bake in hot oven 20 minutes, or until apples are tender.

APRICOT TART

2 cups stewed dried apricots. 1 cup flour.
A few grains salt. 1 teaspoon baking powder.
1 tablespoon shortening.

Sift flour, baking powder, salt into bowl; add shortening and rub in very lightly; add enough cold water to hold together, place on floured board, roll out very thin, then cover pie plate. Sprinkle with flour, put in the stewed apricots. The remainder of dough is rolled out thin and cut into warm strips and crisscross over top.

CRANBERRY TART

2 cups cranberry sauce. 1 cup flour.
2 tablespoons shortening. ½ teaspoon salt. Water.

Line small tart tins with the regular piecrust, fill with the cranberry sauce, which has been mixed; bake in moderate oven 25 to 30 minutes.

PUDDINGS

DRIED FRUIT PUDDING

1 cup stewed fruit. 1 cup flour.
1 teaspoon baking powder.
2 tablespoons chopped beef suet.
¼ teaspoon salt. 2 tablespoons sugar. 1 cup milk. 1 egg.
1 tablespoon butter or butter substitute.

Sift flour, baking powder, salt and sugar into bowl; add suet; mix well and add milk and well-beaten egg; beat 2 minutes; add apples, peaches or canned cherries; mix very lightly. Brush 6 custard cups with melted butter substitute (heat the cups); fill cup half full, place in hot oven; bake 30 minutes. Serve with milk and sugar or fruit juice. The cup will be full when baked.

DATE PUDDING

1 cup chopped beef suet.
1 cup dried breadcrumbs. ½ cup flour.
1½ teaspoons salt. ½ teaspoon baking powder.
½ teaspoon ground cinnamon. 1 egg.

The dates are separated, washed in cold water, then scalded, put into cold water again. It is best to wash them thru 2 or 3 waters; put into colander and shake until dry. Remove the stones and put thru coarse meat chopper. To the dates add the baking powder, suet, breadcrumbs, flour, salt, cinnamon and just enough cold water to hold together; beat the egg until light and add to the mixture; mix well and put into melon mold or round bowl and place in hot water and boil 1 hour.

Serve with lemon sauce or any sauce desired.

RICE PUDDING

4 tablespoons rice. 1 quart milk.
1 tablespoon sugar. A little nutmeg.

Wash the rice thru several waters. Put the cold milk and rice in slow oven, cook 1 hour, stirring 4 times in the hour; then add the sugar and nutmeg and cook until the rice is tender, which will take another half hour, or possibly 1 hour, in a very slow oven. Stir 2 or 3 times. When stirring always do it from the bottom. Be sure that the pudding is creamy and yellow.

BAKED COCOA PUDDING WITH RAISINS

2½ cups milk. 3 tablespoons flour.
3 tablespoons sugar. 2 tablespoons cocoa.
4 tablespoons chopped seeded raisins.
1 teaspoon butter. ½ teaspoon salt.

Put 2 cups of the milk on to boil; mix the flour, sugar, cocoa and salt with the ½ cup of milk until smooth, add to the boiling milk and boil 3 minutes; then add the raisins. Brush bakedish with butter, pour in the mixture and bake in moderate oven 30 minutes.

This can be served with a cornstarch sauce flavored with vanilla.

CRANBERRY PUDDING

2 cups cranberries. 1 cup seeded raisins.
1 cup chopped suet. 1 cup breadcrumbs.
½ cup sugar. 1 cup flour.
1 teaspoon salt. ½ teaspoon cinnamon.

Wash and cut cranberries in half; mix all dry ingredients together; add enough water to make stiff mixture; brush mold with butter. Put the pudding in and place in boiling water. Boil 3½ hours. Serve warm with fruit or vanilla sauce. This is a very hearty pudding.

LEMON CRUMB PUDDING

2 cups dry breadcrumbs.
2 cups hot milk. 1 cup sugar.
4 tablespoons lemon juice.
1 teaspoon lemon rind, grated.
1 egg. A pinch of salt.
1 teaspoon of butter.

Put the crumbs in bowl; cover with hot milk; add the salt, well-beaten egg, the rind and juice of lemon. Mix well. Brush bakedish with a little butter; put in mixture and bake 40 minutes in a slow oven. Serve plain or with a hot lemon sauce.

STEAMED PUDDING WITH FRUIT SAUCE

1 can peaches. 1½ cups flour.
2 teaspoons best baking powder.
½ teaspoon salt. 1 cup milk. 1 egg.
1 tablespoon melted shortening.
½ cup sugar.
½ teaspoon grated nutmeg.

Sift flour, baking powder and salt into bowl; add milk, well-beaten egg and melted shortening; mix well; add the peaches; mix lightly; brush mold or kettle with oil or drippings; pour in mixture, cover and put in kettle of boiling water; boil 2 hours.

Fruit Sauce

The fruit juice is put in saucepan, brought to boil and thickened with a little cornstarch; add sugar to taste and ½ teaspoon of dried, grated orange peel is added.

HONEY GRAHAM OR CORNMEAL PUDDING

¾ cup honey. ½ cup milk.
½ cup seeded raisins.
2 tablespoons melted butter or oleomargarine.
1 egg. 1 teaspoon salt.
2 cups graham flour or 1½ cups cornmeal.
3 teaspoons baking powder.

Put the honey, milk, melted shortening and egg into bowl; beat 3 minutes; add salt, half the sifted flour and baking powder, then the seeded raisins and the remainder of the flour. Put into greased mold or kettle and place in saucepan of boiling water. Boil 2½ to 3 hours. Serve hot with fruit juice or honey.

HASTY PUDDING

Put 1 quart of water on to boil in top of double boiler; when boiling add 1 teaspoon salt and 1 cup cornmeal slowly. Boil 1 hour, stirring often. This is just plain boiled mush. Why not try it with maple syrup, maple sugar, brown sugar or just molasses?

APRICOT PUDDING

2 tablespoons granulated tapioca.
3 tablespoons sugar.
1 tablespoon red jelly. ¼ tablespoon salt.
½ teaspoon almond flavor or flavor of choice.
3 cups milk.
1 cup stewed dried apricots.
1 cup custard. 1 egg.

Boil the tapioca in 2 cups of milk until clear. When cool, add 2 tablespoons sugar, salt and flavoring. Put the stewed apricots in glass bowl, cover with the tapioca, and when cold and firm, cover with the custard sauce. Garnish with red jelly.

Sauce is made as follows:

Beat the egg until well mixed, add 1 tablespoon of sugar, a few grains of salt, flavoring to taste and milk. Put over hot water and stir until it thickens. This is both attractive and tasty.

BREAD PUDDING

1 quart milk.
4 slices stale bread 4 inches square, cut rather thin.
Pinch of salt. Flavoring to taste.
2 teaspoons butter or butter substitute.
¼ cup sugar.

Spread the bread with butter, put into bakedish and cover with the custard made from egg, milk, sugar, salt and flavoring. Put in moderate oven and bake until custard is set.

Note: If a meringue is wanted, 3 eggs are needed; separate and use the yolks for the custard, the whites are beaten until dry with 2 tablespoons of granulated sugar and spread over the top of the pudding after it is baked; dust with sugar and slightly brown in a very moderate oven.

STEAMED DUMPLINGS, BROWN SUGAR AND CARAMEL SAUCE

1 cup flour. 1 teaspoon baking powder.
1 teaspoon salt. Milk.

Sift the flour, baking powder and salt; add just enough milk to hold together. Take a spoonful up in floured hands and form into a ball. Fill shallow pan two-thirds full of water, when boiling put in the dumplings, cover and boil 10 minutes. Remove from pan with skimmer on to hot chop plate and serve with brown sugar caramel sauce.

Caramel sauce: Put 1 cup water into saucepan, when boiling add 1 tablespoon lemon juice, 2 tablespoons brown sugar, 1 tablespoon caramel and 1 teaspoon cornstarch wet with a little cold water, boil 3 minutes.

CRUMB-FRUIT PUDDING CARAMEL SAUCE

2 cups breadcrumbs.
½ cup seeded raisins or dates.
⅛ cup brown sugar. 2 cups milk.
1 cup rice stock. 2 eggs.
½ level teaspoon salt.
½ teaspoon grated nutmeg.
1 teaspoon butter or oleomargarine.

Wash, dry and chop the raisins, put in bowl, add breadcrumbs, sugar, salt, nutmeg, milk and rice stock. Separate the eggs, add yolks and stir until well mixed. Brush pudding pan with butter, put in mixture, put the rest of butter on top and bake 45 to 50 minutes in moderate oven. It must be firm and done thru. Beat the whites of eggs until dry, add 2 tablespoons of granulated sugar, spread over top of pudding, dust with powdered sugar, set in oven until light brown and dry. This pudding is firm and must be served with a sauce, either caramel, fruit or sauce of choice.

STEAMED BREAD PUDDING

1 cup breadcrumbs.
½ cup molasses. ½ cup cold water.
½ cup flour. 1 egg. ½ cup raisins.
1 level teaspoon baking soda.
1 level teaspoon cinnamon.
Pinch of cloves or ¾ teaspoon ginger.
Pinch salt.

Mix all ingredients together; put into mold or kettle which has been brushed with a little butter and steam 3 hours; serve with lemon or hard sauce.

PRUNES AND FARINA PUDDING

2 cups prunes. 1 cup farina. 2 cups milk.
½ cup brown sugar. 1 teaspoon salt.
½ teaspoon grated orange peel.

Put 2 cups of water on to boil, add the farina slowly, boil until thick; add the salt, milk, and boil in top of double boiler 1 hour. Wash and soak the prunes overnight; dry and cut in half, removing stone, and add to farina; pour into bowl, sprinkle with sugar and dust with a little cinnamon. Serve for luncheon.

COMBINATION DISHES

WINTER SPINACH WITH MEAT AND RICE

¼ peck spinach. 1 cup rice. 1 cup cold meat.
1 cup milk. 1 cup breadcrumbs.
1 tablespoon butter or substitute.
1 tablespoon grated onion. 1 tablespoon flour.
1 teaspoon chopped parsley. 1 teaspoon salt.
⅛ teaspoon paprika.

Wash and boil the spinach as usual; drain and chop; add the cream sauce, all but 2 tablespoons. Mix well and put in center of platter. Boil the rice as usual, drain and blanch with hot water; put around the spinach. The cold meat is put thru the meat chopper, add the 2 tablespoons cream sauce or gravy, the breadcrumbs, parsley, and season to taste. Form into small round balls, place on pietin, which has been brushed with drippings. Put in hot oven 10 minutes or until firm, then place between the spinach and rice. Garnish the edge with sprigs of parsley. This makes a very good and attractive dish.

SPINACH PLATTER MEAL

¼ peck spinach. ¼ pound thinly sliced bacon.
1 cup rice. 1 tablespoon flour.
1 tablespoon cut onion. 1 tablespoon chopped parsley.
2 tablespoons salt. Dash paprika.

Wash, clean and boil the spinach as usual; drain in a colander and press out the water and chop the spinach. Sprinkle with ½ teaspoon salt and put on center of chop plate.

Wash and boil and blanch the rice as usual and sprinkle with 1 teaspoon of salt, and put on the plate around the spinach, fry the bacon and lay the slices on the spinach; add to the drippings the onion and fry until the onion is tender, but not brown; add the flour, stir until smooth, then add 1 cup of the spinach stock; boil 3 minutes. If the bacon is not very salty, add ½ teaspoon salt to the sauce; pour the sauce over the rice and spinach and garnish with chopped parsley.

SPINACH, EGGS, RICE AND SMOKED PORK

1 pound smoked pork.
¼ peck spinach.
3 eggs.
1 cup rice.
1½ teaspoons salt.
1 tablespoon flour.

Spinach is boiled as usual in very little water until tender, then drained.

The rice is boiled and blanched as usual.

The eggs are hard-boiled in same boiler with the rice.

The neck of pork is cut in thin slices same as bacon, fried nice and crisp and removed from pan. To the pan add the flour, mix until smooth and add 1 cup of water in which the spinach was boiled.

How to serve: Put the spinach in center of chop plate, sprinkle with a little salt; the rice is put around the spinach and is sprinkled with salt, the fried smoked pork is put on spinach and the sauce is poured over the top. A whole dinner on one dish which can be prepared in 30 to 35 minutes. Spinach and rice are boiled at the same time, and while they are boiling the meat is fried and sauce is made.

SMOTHERED LAMB CHOPS WITH SPINACH

2 pounds neck lamb or mutton cops.
¼ peck spinach.
½ cup finely cut carrot.
1 tablespoon grated onion.
1 tablespoon flour.
1 teaspoon salt.
⅛ teaspoon pepper.

Put the lamb or mutton chops in Dutch oven with a little drippings, sear (brown) on both sides; add the onion, salt and pepper. When brown and dry, add 1 cup of hot water. Cover and cook very slowly 1 hour or until tender. Add a little water if needed. Remove chop to center of plate and make the gravy by adding flour and water, if needed.

The spinach is boiled as usual, drained until dry. With fork place the spinach around the chops, alternating with the mashed potatoes. This makes a very attractive and wholesome dish.

SPINACH WITH EGGS AND DRIED BEEF

¼ peck spinach.
4 eggs.
¼ pound dried beef.
1 cup white sauce.
1 teaspoon salt.
Paprika.
Parsley.

Wash, clean and boil the spinach as usual with little or no water; if young, boil 8 to 10 minutes. Drain, sprinkle with a little salt; chop just a little, then put on center of chop plate.

Poach or steam the eggs; put on top of spinach; sprinkle with salt and paprika; put the creamed dried beef around the edge.

SPINACH GOLDENROD

¼ peck spinach.
4 hard-boiled eggs.
¼ pound thinly sliced bacon.
1 tablespoon grated onion.
2 tablespoons flour.
1 teaspoon salt.
Dash paprika.
1 tablespoon lemon juice or vinegar.

Drain the spinach until dry and add 1 cup of sauce; mix well; put in center of platter; chop the whites of eggs fine and put around the spinach. Above the egg put the bacon, which has been fried crisp; in center put the yolk of 1 egg mashed thru strainer and dust all with paprika. Sauce is made as usual.

POTATO-PEANUT CROQUETTES, APPLE SAUCE

1 quart hot mashed potatoes.
1 cup peanut butter.
1 teaspoon salt.
1 teaspoon grated onion or ½ teaspoon grated nutmeg.
1 tablespoon finely chopped green peppers, celery or parsley.

Add the peanut butter and seasoning to the hot mashed potatoes; mix well. Take a spoonful and shape into croquettes; dip in beaten egg and breadcrumbs and fry in deep, hot drippings or oil. Serve with warm apple sauce.

RICE WITH CREAMED EGGS

1 cup rice. 4 hard-boiled eggs.
1 tablespoon butter substitute.
1 tablespoon flour. 1 teaspoon chopped parsley.
1 cup milk. 1 teaspoon salt.
¼ teaspoon white pepper.
¼ teaspoon paprika.

The rice is boiled as usual. Put the butter substitute into saucepan, melt, add flour and parsley, mix well and add the cold milk slowly, stirring until smooth and creamy; then add the salt, pepper and boil 3 minutes. Chop the eggs (yolks and whites together) and add to the cream sauce.

Serve on bed of rice, garnish with sprigs of parsley and dust with paprika.

RICE AND PEANUT BUTTER CONES

1 cup rice. 1 cup peanut butter.
1 teaspoon salt. ½ cup milk. 1 egg.

Wash the rice as usual; put on in 2 quarts of boiling water; boil 20 minutes, drain and put rice in top of double boiler with milk and salt. Boil 20 minutes; remove from fire, add peanut butter and well-beaten egg. Mix well and when cold form into cones (croquette shape); place in buttered pietin; put in hot oven 15 minutes, or until brown. This makes 9 large cones, and can be served with cream sauce if desired. This is a very wholesome dish for luncheon for school children.

LENTEN AND EGG DISHES

A GOOD DISH FOR THE MEATLESS MEAL

1 cup (½ pound) rice.
2 cups stewed tomatoes.
½ cup finely cut onion.
1 cup (¼ lb.) grated American cheese.
2 tablespoons drippings.
1 teaspoon salt.

Put the drippings and onion into pan; fry until cooked but not brown; then add the rice, which has been washed, boiled and blanched as usual, the tomatoes and salt; cook 10 minutes. Spread on platter, cover with cheese and set in oven until cheese is melted Dust top with paprika and sprinkle with chopped parsley.

Note: In using scallions, be sure to use the green tops for soups, sauces and flavoring. Do not throw them away; that is one way to save.

POTATOES WITH CHEESE AND BAKED APPLE

1 quart small potatoes.
½ cup grated cheese. 1 teaspoon salt.
1 tablespoon chopped parsley. Paprika.

Wash, boil and skin the potatoes, put thru fruit press or potato ricer or mash thru colander on to hot dish which can be put in oven. Sprinkle with salt and cover with grated cheese. Place in oven until cheese is melted. Serve with quartered baked apples around the potatoes.

Potatoes and cheese make a perfect combination, and as cheese is almost always served with warm apple pie, the baked quartered apples make it a very good combination.

BAKED QUARTERED APPLES
Good for Dessert or Breakfast.

1 quart apples after paring and quartering.
¼ cup brown sugar. ¼ cup syrup.
½ teaspoon salt.
A little nutmeg or cinnamon.
1 teaspoon butter substitute.

Brush earthen dish with butter substitute; put in the apples, cut side down; cover with syrup and sugar, salt, nutmeg and 2 tablespoons water. Put in slow oven and bake 1 hour. The apples must be cooked very soft and be a nice light brown. Put in ice cream glasses while warm.

DRIED PEACH AND RICE CROQUETTES

½ cup rice.
2 cups stewed dried peaches, sweetened to taste.
1 teaspoon grated lemon rind.
½ teaspoon salt. 1 egg. Breadcrumbs.

Wash the rice, put on in 1 quart of water, boil 10 minutes; then drain and put in top of double boiler; add salt and steam 30 minutes. Mash the peaches thru coarse strainer or fruit press; add lemon rind. If the peaches are not sweet enough, add sugar to taste. Mix well, spread on platter and when cold and firm shape into cone, oblong or ball shapes in floured hands. Dip into well-beaten egg, then into breadcrumbs; fry in deep, hot fat. Serve with peach sauce made as follows:

Mash ½ cup of stewed peaches thru strainer, add 1 cup of peach juice, heat and thicken with 1 teaspoon of cornstarch; or the peach sauce can be served cold without thickening. Prunes, cherries or plums can be used this way. The above amount makes 6 large-sized croquettes.

DAFFODIL EGGS

3 cups boiled rice. 4 eggs.
1 cup hot milk.
1 tablespoon grated onion. 1 teaspoon salt, a little pepper.

The rice is boiled as usual and spread evenly on earthen dish; pour the milk over the rice and with bottom of cup make 6 places large enough to hold 1 egg each; then separate the eggs, beat the whites until dry; beat the yolks until well mixed; add seasoning and onion, then fold the yolks into the whites and put in the 6 cavities; place in moderate oven 10 minutes, or until the egg is set but not brown. Dust with salt and pepper. Jelly can be served with this dish. The cup of rice can be boiled the day before, which makes 3 2-3 cups after boiling. Next morning put in strainer and pour boiling water over the rice to heat.

BIRD'S NEST

4 rounds of toast. 4 eggs.
1 teaspoon butter. 1 teaspoon chopped parsley.
Dash paprika.

Cut bread out with round cookie cutter, and if you do not have large cutter place tumbler on bread and with sharp knife cut around. Toast a nice brown and dip very quickly into hot water, to which a little salt has been added; put on platter that will stand heat and set in warm oven; put a little butter on each piece of toast. Separate fresh eggs; beat the whites until dry; add a few grains of salt; divide into 4 parts and heat on the pieces of wet toast; make a depression in center and slip a yolk of egg in each. Place in hot oven just long enough to set the yolk. Sprinkle the eggs with parsley and dust with a little paprika.

EGGS A LA JAPAN WITH GREEN PEAS

1 cup rice. 1 can peas. 3 hard-boiled eggs.
1 tablespoon bacon drippings or butter.
1 tablespoon flour. 2 teaspoons salt.
1 cup milk. 1 tablespoon chopped parsley.
¼ teaspoon white pepper.

Wash, boil and blanch the rice as usual. Cut the eggs in half lengthwise and lay them down the center of rice, which has been spread on platter; cover with the cream sauce. Heat the peas and put around the eggs.

Cream sauce: Put 1 tablespoon butter into saucepan; melt; add 1 tablespoon flour, mix well and add 1 cup cold milk and stir until smooth and creamy; add 1 teaspoon salt and a dash white pepper; boil 1 minute. Decorate platter with sprigs of parsley and dust top with paprika.

CREAMED EGGS IN HOLLOW ROLLS

4 hard-boiled eggs.
1 tablespoon butter substitute.
1 tablespoon flour. 1 teaspoon grated onion.
1 cup milk. 1 teaspoon salt.
¼ teaspoon pepper. ¼ teaspoon paprika.

Put the butter substitute into saucepan; melt; add onion and flour; mix well and add the cold milk slowly; stir until smooth and creamy; then add the salt, pepper and boil 5 minutes. Chop the egg yolks and whites together and add to the cream sauce. Serve on toast or in hollow rolls, sprinkle with paprika and garnish with chopped parsley.

Note: One yolk can be reserved to rub thru strainer for the top.

ESCALLOPED EGGS

4 hard-boiled eggs.
1 cup cold boiled ham, chopped fine.
1 cup cream sauce. 2 cups breadcrumbs.
2 tablespoons milk.

Brush casserole dish with bacon drippings or butter, cover the bottom with 1-3 of the breadcrumbs. Cut 2 eggs into rounds and place on the crumbs, cover with half the ham and half the cream sauce; then half of the remainder of breadcrumbs; 2 eggs cut into rounds, the remainder of the cream sauce, then the remainder of the breadcrumbs, which have been moistened with the milk put over the top. Bake in moderate oven 20 minutes. This sauce is made as usual and can be flavored with ½ teaspoon grated nutmeg or 1 tablespoon onion juice.

EGG CUTLET WITH TOMATO SAUCE

4 eggs. 1 cup milk.
1 tablespoon butter or oleomargarine.
2 tablespoons flour. ½ teaspoon salt.
1 teaspoon chopped parsley.
Dash white pepper. Dash paprika.

Boil the eggs 30 minutes; lay in cold water and shell; chop the whites and add to the cream sauce; add salt, pepper, paprika, parsley and yolks of the eggs mashed thru strainer. Mix well and spread on platter; set aside until cold. When firm take 1 tablespoon up in floured hands and shape into oblong 3 inches long, 2 inches wide and 1 inch thick, making the ends rounding. Dip in egg (1 egg beaten with 1 tablespoon cold milk) and then in breadcrumbs. Fry in deep, hot drippings or oil.

Tomato sauce is made as usual and served around the cutlet.

FOAMY EGGS ON TOAST

4 eggs. ½ cup milk. 2 teaspoons butter.
½ teaspoon salt. Dash white pepper.
1 teaspoon chopped parsley. Dash paprika.

Scald the milk; beat the eggs until well mixed but not light; add the salt and pepper and pour the scalded milk over egg, return to double boiler, stirring until thick and creamy, but not lumpy; add the butter and serve on toast; sprinkle with parsley.

BERKSHIRE EGGS WITH SPINACH

4 eggs. 2 cups milk.
2 tablespoons butter. 1 teaspoon salt.
1 teaspoon grated onion.
⅛ teaspoon white pepper.
3 cups prepared spinach or ¼ peck uncooked.

Break the eggs into a bowl, beat until well mixed and then add the milk, ½ teaspoon salt, pepper and onion juice. Brush custard cups with a little melted butter and pour in the egg mixture. Put the cups in pan of hot water in moderate oven and bake until firm. The best way to try them is to take a silver knife and run it in the center, and if it comes out dry the custard is done. Loosen the sides with a spatula and turn out on the bed of spinach. Prepare as usual. Cover with cream sauce.

HOMINY

HOW TO COOK HOMINY

One pound, which is 2½ cups, is washed and soaked 24 hours; put over slow fire with cold water to cover and boil very slowly 5 or 6 hours. Add boiling water as fast as it boils away, which will be quite often. When done add 1 teaspoon of salt. When tender it should be free of water, and you will have about 10 cupfuls of hominy.

HOMINY WITH CHEESE

4 cups boiled hominy.
1 cup grated American cheese.
1 cup milk. ½ teaspoon salt.
Dash white pepper.

Mix the hominy and cheese (saving 1 tablespoonful of cheese for the top) with the milk, salt and pepper; pour into a shallow pan; sprinkle with 1 tablespoonful of cheese; put into hot oven 15 minutes. If oven is not hot you can prepare in double boiler and sprinkle with cheese when sent to table. This makes an excellent luncheon dish.

HASHED BROWN HOMINY

5 cups cold boiled hominy. 2 tablespoons drippings.
½ cup finely cut scallion (green and white).
1 teaspoon salt. Chopped parsley.

Put the drippings and scallions into frying pan; fry until cooked, but not browned; add the hominy and salt, fry slowly until heated thru. By adding a little milk the hominy will brown quicker.

HOMINY WITH BACON FLAVOR

4 cups cold boiled hominy. ½ cup finely cut raw bacon.
1 teaspoon salt. A little pepper. ½ cup milk.

Put the bacon into frypan. When heated thru add the hominy and keep stirring same as hashing potatoes until the bacon is cooked. Add the milk and fry slowly 10 minutes; then sprinkle with salt and pepper, mix well. Serve at once.

FRIED HOMINY FLAVORED WITH MEAT

4 cups boiled hominy.
½ cup left-over meat, chopped fine.
1 tablespoon drippings.
1 tablespoon finely chopped parsley.
1 teaspoon salt. Paprika.

Put the drippings in pan, add cold boiled hominy; put over slow fire until heated thru (stirring quite often); then add the meat, fry until both are light yellow. Serve on hot dish; dust with paprika and sprinkle with parsley. For those who like the flavor of onion, 1 tablespoon of finely chopped onion is added to the drippings before hominy is put in pan.

FRITTERS

MOCK OYSTER FRITTERS

1 bunch oyster plant (salsify).
1 cup flour. ½ cup milk. 2 eggs.
1 level teaspoon salt. A little pepper.
2 tablespoons baking powder.

Wash, scrape and cut the salsify into ½-inch pieces, cover with boiling water, put on to boil and boil 30 minutes or until tender. Drain and mash thru strainer. When cold add the milk and well-beaten eggs, seasoning.

Sift flour and baking powder into mixture, beat a few minutes, fry in hot, deep fat or on hot greased griddle until browned nicely on both sides. Make the shape of a fried oyster. Warm catsup can be served, if desired.

Note: One bunch makes about 2 or 2½ cups after cooking.

BREAD FRITTERS

1 cup of ends of crusts of bread.
1 cup flour.
½ cup each of milk and rice stock or all milk.
1 or 2 eggs. 2 teaspoons baking powder.
½ teaspoon salt.

Cover the dry bread with cold water for 10 minutes; press between the hands until dry; put into bowl with milk, rice stock and salt. Beat until bread is smooth, then add well-beaten eggs; mix well, then sift in the flour and baking powder; mix lightly. Bake on hot, well-greased griddle.

CORN FRITTERS

2 cups crushed canned corn. 1 cup flour.
½ cup milk. 2 teaspoons baking powder.
⅛ teaspoon pepper.

Sift dry ingredients into bowl, add milk, well-beaten eggs and corn. If corn is coarse put thru food chopper. The dough must be quite thin if they are to be fried in deep fat; if cooked on griddle, have it the consistency of hot cake batter.

BREADCRUMBS AND PINEAPPLE FRITTERS

1 cup breadcrumbs. ½ cup flour.
1½ cups milk. 1 egg.
1 level teaspoon salt.
2 teaspoons baking powder.
1 tablespoon molasses.
1 cup grated pineapple. ½ cup sugar.

Cover breadcrumbs with milk; add well-beaten eggs, salt and molasses. Mix well, then sift flour and baking powder into mixture; brush griddle with drippings and bake the fritters slowly a rich brown. Mix pineapple and sugar together and put over the fritters. Any crushed fresh or canned fruit can be used.

APPLE FRITTERS

2 cooking apples. ¾ cup milk.
1 cup flour. 1 teaspoon baking powder.
½ teaspoon salt. 1 egg.

Wash, pare and core the apples; cut into rounds ¼ inch thick; dip into the batter and fry in very hot oil. Dust with pulverized sugar.

Batter: Sift the flour, baking powder and salt into bowl; add the milk slowly and the well-beaten egg; mix well.

JAMS AND MARMALADE

CRANBERRY AND RAISIN JAM

1 quart cranberries.
2 cups (1 package) seeded raisins.
1 cup sugar. ¾ cup water.

Put the cranberries and water on in saucepan; cover and bring to a boil quickly. As soon as they begin to cool, mash and strain thru colander. Add the sugar, and raisins, which have been washed, dried and put thru a food chopper. Return to fire and boil slowly 30 minutes, or until it thickens like sauce, stirring quite often.

ORANGE MARMALADE

12 oranges. 4 tablespoons lemon juice.
4 cups water. 8 cups sugar.

Cut the oranges in half, scoop out the juice and pulp. Put the skins on to boil with 6 quarts of cold water and boil until tender; remove and put in colander to drain. When they are well drained, take a spoon and remove all the white; it will come out easily. Shred the yellow and add to the juice and pulp. Be sure that all the white fiber has been removed. Add the sugar and water and boil slowly 2 hours, or until thick.

GRAPEFRUIT MARMALADE

To 4 cups of grapefruit pulp, rind and juice, take 8 cups of water, 12 cups sugar and 6 tablespoons lemon juice. Wash and cut the grapefruit in halves, crosswise, cut out the seeds, remove pulp and all the juice with a spoon; put in porcelain-lined preserving kettle that is not chipped. (Two good grapefruit will make 4 cups or more.) Remove all white fiber, cut the rind in fine strips, or put thru food chopper, add to pulp and to each cup of pulp and rind add 2 cups cold water; set away 24 hours, then add the lemon juice and 12 cups of sugar (6 pounds); boil slowly 2 to 3 hours, stirring quite often. It must be thick, so the rind will not separate.

APRICOT AND RAISIN MARMALADE

1 cup apricots, prunes or dried peaches.
1 cup seeded raisins.
1½ cups water. 1 level teaspoon salt.
1 cup syrup.

Wash the apricots, prunes or peaches and raisins; put to soak in the 1½ cups of water for 2 hours. Put the fruit thru food chopper, return to water, add salt and syrup, and boil 15 minutes. Stir frequently so it will not burn.

SLICED APPLES (A GOOD RELISH)

¼ peck apples. 1 cup vinegar.
½ cup water. ½ cup brown sugar.
½ cup syrup.
3-inch piece of stick cinnamon.
½ teaspoon whole cloves.
½ teaspoon allspice.

Put the vinegar, water, sugar and spices on and boil 10 minutes. Wash, pare, quarter and core the apples, put into saucepan and pour the boiled vinegar over them; boil 5 minutes; remove cover and boil slowly until tender. Leave the spice among the apples.

PEACH BUTTER

1 pound dried peaches. 1½ cups sugar.
1½ teaspoons salt.

Wash the peaches thru several waters; cover with boiling water; when cool remove skins; strain the water over the peaches; let them stand 24 hours; put over fire and boil slowly in same water until tender. Mash fine and add sugar and salt; boil slowly until stiff.

PRUNE AND PINEAPPLE MARMALADE

1 pound good prunes.
2 cups grated pineapple.
1 pound granulated sugar.
½ level teaspoon salt.
1 tablespoon lemon juice.

Wash prunes in hot water; put in saucepan and cover with cold water. Place on back of range, cover saucepan and let simmer until soft; remove stones, return the prunes to the water and boil slowly ½ hour. Mash all thru strainer; return to saucepan; add salt and pineapple. Boil slowly 1 to 2 hours, or until thick. Add the lemon juice last. Some prunes thicken sooner than others. Canned pineapple can be used, put thru food chopper.

DRIED PEACH PICKLE

When fresh peaches are out of season, make peach pickles from the dried fruit. Soak the dried peaches over night and the next day the skins can easily be removed from most of them. Pin together 2 half-peaches of equal size with cloves and bits of cinnamon. Place them in cans, with an occasional almond to suggest a peach kernel, and pour over them hot, sweet, spiced vinegar. Let them stand at least a week.

HOT BREADS AND HOT CAKES

HOT CROSS BUNS

1 cup milk, scalded and cooled.
¼ cup shortening or butter.
½ cup sugar.
1 egg.
¼ cup chopped seeded raisins.
1 yeast cake.
½ teaspoon salt.
3¼ cups sifted flour.

Dissolve yeast and 1 tablespoon sugar in the lukewarm milk; add 1½ cups flour to make a sponge; beat until smooth, cover and let rise until light in warm place for about one hour. Add shortening and sugar, which have been creamed, well-beaten egg, raisins, which have been floured, and rest of flour or enough to make a moderately soft dough and salt. Turn on board; knead lightly, place in greased bowl.

Cover and set aside in a warm place until double in bulk, which should be about 2 hours. Shape into medium-sized round buns, place in well-greased shallow pans about 2 inches apart. Cover and let rise again, about 1 hour or until light. Brush top with well-beaten egg and milk (1 egg and 2 tablespoons milk). With sharp knife cut a cross on top of each. Bake 20 minutes. Just before removing from oven, and while hot, fill crosses with sugar.

MAPLE ROLLS

2 cups flour.
2 teaspoons baking powder.
½ teaspoon salt.
2 tablespoons shortening.
½ cup milk.
½ cup grated maple sugar or brown sugar.
1 tablespoon melted oleomargarine.

Sift baking powder and salt into bowl, add shortening; rub in very lightly; add milk enough to make a dough so it can be rolled ¼ inch thick; brush with melted oleomargarine and sprinkle with maple sugar; wet edges with milk and roll same as jelly roll and cut into 1-inch pieces; put into well-greased pie plate; brush top with milk; put into hot oven and bake 20 to 25 minutes. Remove from plate at once before the sugar hardens.

BREADCRUMB MUFFINS WITH RAISINS

1 cup flour.
1 cup breadcrumbs.
½ cup seeded raisins put thru food chopper.
1¾ cups milk.
1 egg.
1 tablespoon melted butter or oleomargarine.
2 teaspoons baking powder.
⅛ teaspoon salt.

Soak the breadcrumbs in the cold milk or rice stock for 10 minutes; add the sifted flour, raisins, baking powder and salt, the well-beaten egg and butter, mix well; brush heated muffin tins with a little butter and put 1 tablespoon of mixture into each tin. Bake 20 to 25 minutes in hot oven.

HOMINY MUFFINS

1 cup cold boiled hominy.
¾ cup milk.
1 cup flour.
1 egg.
½ teaspoon salt.
1 tablespoon melted butter, oleomargarine or cooking oil.
1 tablespoon syrup.
2 teaspoons baking powder.

Put the cold boiled honey thru food chopper; add the milk, well-beaten egg, salt, shortening and syrup; beat 3 minutes or until smooth and light; then add the baking powder, mix well; brush muffin irons with melted fat, fill half full and bake in hot oven 25 to 30 minutes. The dough must be quite stiff.

HONEY BRAN MUFFINS

1 cup bran.
1 cup flour.
½ teaspoon salt.
2 teaspoons baking powder.
1 cup milk.
1 tablespoon melted shortening.
2 tablespoons honey.
¼ cup chopped seeded raisins.
1 egg.

Mix bran, flour, salt, baking powder and raisins; add milk, shortening and honey, also well-beaten egg. Brush muffin pan with melted fat; put into hot oven; bake 25 to 30 minutes. This makes 12 large muffins.

BISCUIT DOUGH HOT CROSS BUNS

2 cups flour.
2 teaspoons baking powder.
½ teaspoon salt.
2 tablespoons sugar.
2 tablespoons shortening.
1 egg.
Milk.
½ cup seedless raisins.

Sift dry ingredients together, add shortening and rub in very lightly; then add raisins or currants, which have been floured. Beat egg until light, add milk enough to fill the cup, add to dry ingredients to make a soft dough (save 1 tablespoon to brush the top), put on floured board, pat until 1 inch thick, cut with small biscuit cutter; put close together in well-greased pan; brush top with egg and milk, and with sharp knife cut a cross on top of each one; bake in hot oven; brush with 2 tablespoons sugar and milk.

PEANUT BUTTER BISCUIT

2 cups flour.
2 teaspoons baking powder.
½ teaspoon salt.
½ cup peanut butter.
1-3 cup milk.

Sift flour, baking powder and salt into bowl; add peanut butter and rub in very lightly; add milk, put on floured board and roll out ½ inch thick. Cut with small cookie cutter. Brush top with milk and bake in hot oven 10 or 12 minutes.

BUCKWHEAT CAKES

Buckwheat flour can be purchased ready prepared, and all that is necessary when mixing is to put 1 tablespoon of syrup in the batter, which can be mixed with milk, half milk and half water, or all water. In that case I would suggest putting a little melted butter or drippings in the batter. The syrup makes it a rich brown.

Or it can be mixed as follows:
2 cups buckwheat flour.
2 cups milk, or half milk and half water.
1 tablespoon melted fat or oil.
1 tablespoon syrup.
1 teaspoon salt.
2 teaspoons baking powder.
Mix well until smooth; then add the baking powder last.

RICE GRIDDLE CAKES

1 cup rice. 1 cup flour. 1½ cups milk.
1 tablespoon molasses.
1 tablespoon melted butter substitute.
1 level teaspoon salt.
1 well-beaten egg. 1 teaspoon baking powder.

Mix the first 5 ingredients together until smooth, then add the egg and baking powder. Fry on hot griddle that has been brushed with drippings or oil.

PLAIN GRIDDLE CAKES

2 cups flour.
1½ cups milk.
1 tablespoon molasses.
1 tablespoon melted butter substitute.
1 level teaspoon salt.
2 teaspoons baking powder. 1 well-beaten egg.

Mix the first 5 ingredients together until smooth, then add the egg and baking powder. Fry on hot griddle that has been brushed with drippings or oil.

CORNMEAL GRIDDLE CAKES

1 cup cornmeal. 1 cup boiling milk. 1 egg.
2 teaspoons baking powder.
½ teaspoon salt.
1 tablespoon melted butter or substitute.
1 tablespoon molasses.

Put the cornmeal into bowl, cover with the boiling milk; when cold, add the salt, butter or oleomargarine, molasses, baking powder and the egg, which has been beaten until light; mix well and bake on hot griddle, which has been brushed with drippings, using only a small amount for each. Bake until nicely browned. If your batter seems too thick, add a little more milk, as these cakes are not good if too thick.

POTATO BUCKWHEAT CAKES

1 cup mashed potatoes. 3 cups buckwheat flour.
1½ cups milk.
1 tablespoon melted fat or oil.
2 tablespoons syrup.
½ teaspoon salt. 4 teaspoons baking powder.

Add the milk to the potatoes, beat until smooth, add molasses, salt and fat, then sift in the flour and baking powder. The dough must be rather stiff. Fry on hot greased griddle.

FRENCH TOAST

½ cup flour.
½ cup milk.
1 egg.
1 teaspoon baking powder.
¼ teaspoon salt.
Sliced bread.

If the bread is very dry, dip in cold milk very quickly, lay on strainer, then dip in batter. Fry in hot drippings; drain on paper. Sprinkle with sugar and cinnamon (4 tablespoons sugar to 1 of cinnamon).

Batter: Sift the flour, salt and baking powder into bowl; add the milk and well-beaten egg; beat well and dip the bread into it.

CREAM TOAST

6 or 8 slices bread.
2 cups milk.
1 tablespoon butter.
1 tablespoon flour.
½ teaspoon salt.

Remove the crust from the bread and toast a nice brown. Lay on hot platter, pour the sauce over and place in oven a few minutes.

Sauce: Put the butter into saucepan; when melted, add the flour, mix well and add the cold milk slowly, stirring until smooth and creamy; add the salt.

GRIDDLE CAKES FROM LEFT-OVER BEANS

1½ cups beans mashed thru strainer.
1 cup flour.
1 cup milk.
1 level teaspoon salt.
1 tablespoon cooking oil.
1 tablespoon syrup.
1 egg.
2 rounded teaspoons baking powder.

Mix the beans and milk until smooth, then add the remainder of ingredients. Beat 5 minutes; add baking powder, mix lightly and bake on hot griddle. This dough must be quite thin.

Left-over green peas or split peas can be used the same way.

INDEX

Seasonal Spring Recipes

for

APRIL, MAY AND JUNE

	PAGES
Beverages, 7 recipes	63-64
Breads, plain and sweet, 15 recipes	58-62
Cakes and Cookies, 15 recipes	44-49
Cheese Recipes, 7 recipes	23-25
Desserts, frozen, 7 recipes	37-39
Desserts, seasonable, 11 recipes	64-67
Desserts, fruit, 19 recipes	49-53
Egg Dishes, 14 recipes	6-10
Fish, 9 recipes	3-5
"Meal" Dishes, 9 recipes	20-22
Meats, 21 recipes	10-17
Meat Dishes, 7 recipes	17-19
Pies, 10 recipes	34-37
Puddings, 19 recipes	39-44
Salads, 17 recipes	29-34
Sauces, Syrups, Jams, etc., 19 recipes	54-58
Soups, 6 recipes	1-2
Vegetables, 15 recipes	25-29

INDEX

Seasonal Summer Recipes

for

JULY, AUGUST AND SEPTEMBER

	PAGES
Beverages, 4 recipes	120
Breads, plain and sweet, 5 recipes	118-119
Beef, Lamb and Combination Dishes, 19 recipes	74-81
Canning, 17 recipes	122-127
Cakes, 13 recipes	109-112
Cheese Dishes, 3 recipes	86-87
Egg Dishes, 12 recipes	82-85
Fish and Clams, 7 recipes	71-74
Frozen Desserts, 11 recipes	106-108
Fruit Desserts, 16 recipes	98-102
Home Flavors, 10 recipes	116-117
Jams, 9 recipes	113-116
Jellies, 3 recipes	121
Puddings, 12 recipes	102-106
Salads and Dressings, 11 recipes	95-97
Sandwiches, 16 recipes	128-131
Soups, hot and cold, 8 recipes	69-71
Vegetables, 26 recipes	87-94

INDEX

Seasonal Autumn Recipes

for

OCTOBER, NOVEMBER AND DECEMBER

	PAGES
Breads, 12 recipes	185-189
Candies, homemade, 8 recipes	191-193
Cakes and Cookies, 18 recipes	177-184
Cheese Dishes, 3 recipes	176-177
Desserts, Puddings, etc., 23 recipes	168-175
Fish, 12 recipes	141-145
Meats, 13 recipes	145-149
Meat Substitutes, 17 recipes	150-156
Oysters, 11 recipes	133-136
Poultry, 10 recipes	164-167
Pies, 6 recipes	189-191
Salads, 4 recipes	167-168
Soups, 13 recipes	137-140
Vegetables, 25 recipes	156-163

INDEX

Seasonal Winter Recipes

for

JANUARY, FEBRUARY AND MARCH

	PAGES
Breads, hot, and hot cakes, 15 recipes	244-248
Cakes and Cookies, 13 recipes	221-225
Cheese Dishes, 8 recipes	219-221
Combination Dishes, 9 recipes	232-235
Desserts, 10 recipes	214-217
Egg and Lenten Dishes, 12 recipes	235-239
Fish, 12 recipes	198-200
Fritters, 5 recipes	240-241
Hominy, 5 recipes	239-240
Jams and Marmalades, 8 recipes	242-243
Meats, 14 recipes	201-205
Oysters and Soups, 8 recipes	195-197
Pies, 9 recipes	225-227
Puddings, 16 recipes	227-232
Salads and Dressings, 15 recipes	209-214
Sauces, 7 recipes	217-219
Vegetables, 14 recipes	206-209

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